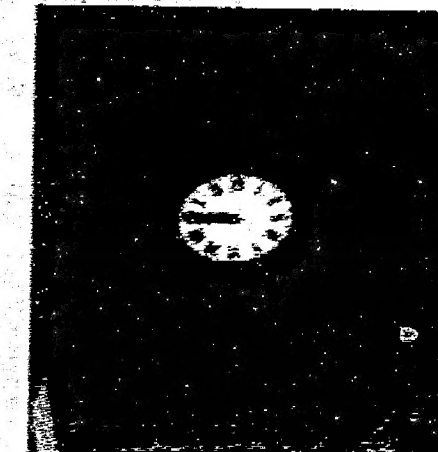


INSIDE

YEAR IN REVIEW



Another year is nearly over and a record of what we said and did is printed in our Year in Review pages, beginning on Page 5.

TEMPO

Two young sisters brought home top-10 awards in an international horse competition in Saskatchewan this summer. See Page 13.

SPORTS



As 2005 comes to a close, it's time to take a look back at all the memorable athletic moments including QV's section title. See Page 21.

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IN THE NEW YEAR



WISHING YOU moments of peace, silence and wonder in the coming year.
Photo by Tim Edmonson of frozen waterfall at Misty Hollow Farms in Glenfield

OSBORNE

Official miffed over police effectiveness

By Laura Hallemen
Staff writer

Just as Osborne council was finalizing its 2006 budget, one borough official questioned the effectiveness of the Sewickley police patrols in the borough.

"I want to go on record that the Sewickley police are doing an inadequate job of protecting the school in Osborne," said Richard Klixbull, council member.

Klixbull's comment stemmed from concerns of residents who live near Osborne Elementary School.

He told council that residents have complained of vehicles parked in the parking lot of the elementary school well past dark and of individuals "hanging out at night in cars."

Council member Catherine Susko said she had heard similar concerns.

"We really don't have a viable alternative," she said.

Osborne utilizes Sewickley police. Although council approved a three-year extension with the police department, Klixbull said more patrols needed to be made near the school during and after school hours.

Osborne Mayor William Boswell said he felt the police were doing a good job in the execution of their duties and asked Klixbull to get more details regarding nighttime activity in the parking lot.

"It's anecdotal at best at this point," said Boswell.

Approval of the borough's contract with Sewickley police for 2006 includes a five percent increase at a cost of \$78,750.

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*Example based upon individual coverage for a young male with no preexisting conditions.

SEWICKLEY Gallery stretches 'home-based' definition

By Laura Helleman
Staff writer

Questions and concerns have been raised about a home-based business in Sewickley that could be in violation of the borough's ordinance.

Galerie Werner, a home-based business located at 44 Beaver St. at the residence of Melanie and Eric Werner, was sent a general letter by Kevin Flannery, Sewickley Borough manager, regarding concerns that the "corporate imaging of the business does not meet the criteria" of a home-based business in the borough, said Flannery.

According to the ordinance, 25 percent of a home can be used for a home-based business.

A brochure for Galerie Werner, a European fine art business, states that special events, exhibitions, lectures, receptions and gallery tours are offered, as well as 670 feet of space that can be rented out for gatherings of up to 65 people.

"A home business is to have no real impact such as noise and traffic," said Flannery. "Residential integrity needs to be maintained."

Flannery also said the Werners had an "Open" sign at their residence, which he explained was a "clear violation of the ordinance."

"There are probably a hundred home-based businesses in Sewickley. Each one has a responsibility to respect the residential aspect of the neighborhood."

neighborhood."

A few months ago, the Werners settled litigation with the borough's zoning hearing board. The point of contention was a governor's driveway that the Werners wanted constructed at their home.

At the time, Eric Werner said the governor's driveway was needed for the safety of family and friends who visited their home.

After months of litigation council approved amending the driveway ordinance to allow for governor's driveways under certain conditions.

Galerie Werner's application for a home-based business was only received last week and is being reviewed.

The Werners did not return calls for comment.

EDGEWORTH

Council holds millage at 5.4 for 2006

By Kate Canan
Staff writer

Edgeworth's 2006 budget totals \$2,210,700 and residents' taxes will remain at 5.4 mills as decided at last week's council meeting.

The borough will continue paying off the remainder of a 1997 loan for an older fire truck and has taken on another loan for a new fire truck to be paid for in the next 15 years.

■ The biggest project slated for the 2006 year is on sewers and roadways, which is estimated to cost \$1,228,000.

Phase one of the project which would be solving the basement flooding of homes on Meadow and Hazel lanes.

After meeting with an engineer, the solution proposed was to get the water in the storm cellars to drain onto the boulevard, although some sewers would probably need to be re-routed on Hazel Lane.

Phase two would be to get the water from the boulevard to the river, although there could be a few conflicts with this; timing could be an issue as well as cooperation with Leetsdale.

There may be some difficulties with the Department of Environmental Protection in regards to overflowing the



river with storm water. Because of this, the committee will not proceed on Phase Two until a conclusive plan is agreed on between Edgeworth and Leetsdale.

Meadow Lane is slated to be resurfaced, and Chestnut, Quaker and parts of Hazel will be remilled. These projects are expected to begin in August when school is out.

■ Waste management fees are expected to skyrocket, with increases from 30-50 percent in 2007, due to fuel and other expenses, but the cost is covered through the upcoming year.

The council will look into finding a vendor to lower future costs.

■ Council meetings will continue to be held every third Tuesday of the month at 8 p.m., with the exception of March, when the council will meet on the second Tuesday, due to Sewickley Academy's spring break.

Reorganization

New appointments for the 2006 year were announced as follows: Shelly Clement will serve on the Building Code of Appeals for three years.

Peter Friday will serve on the Edgeworth Municipal Authority for the next five years, while Gregory Marlovits will serve on the Leetsdale Municipal Authority for the next five years.

David R. Shaw is in place on the planning commission for the next four years, and Robert Gray will take the place of Michele Healey, who resigned, as the real estate tax collector for two years.

Investigation

Council will be looking into the recent fatal accident on Route 65 that took the life of Mike Maruca, former Leetsdale mayor.

Members will investigate if the borough's emergency action plan for such disasters, was carried out.

Trucks were stuck on the shoulder of the road for three hours, causing a large traffic back-up. Re-routing traffic onto Quaker and Hazel roads also raised council's concern whether the 10-ton weight limit on those streets was exceeded.

CHRISTMAS AT THE CENTER

Community Center celebrates love of children

By Laura Helleman
Staff writer

The sights and sounds of the true spirit of Christmas were in the air last week at the Sewickley Community Center.

In a holiday celebration that put the approximately 35 to 40 children in charge of the festivities, giving not only came by way of presents from Santa, but through the program that the children put on.

Children from the center's after school program sang songs and recited from "A Christmas Carol" before the arrival of Santa.

"The children truly did a magnificent job," said community center director Shirley Wormsley.

"This program was a community effort for our children."

This year, the Quaker Valley Salvation Army partnered with Sewickley Community Center to give economically disadvantaged children who come to the center a holiday they would not soon forget.

"Everything we do is to give the kids a positive experience, and we also try to teach them to give back to the community even though they are economically challenged," said Wormsley.

The after-school program at the Sewickley Community Center has for years focused on keeping children in the Quaker Valley region from falling through the cracks by assisting them in developing positive resolutions to self esteem issues and conflict resolution, as well as providing them with the academic support that they need to become successful in school and later in life.

The center, located on Chadwick Street in Sewickley relies on contributions from the community to help economically disadvantaged children



SANTA CLAUS surprises the children at Sewickley Community Center during their holiday festivities. (At right) Mistress of Ceremonies Chazmier Askew, 9, from Sewickley.

reach their goals.

Currently, the center is asking the community to donate used cell phones and ink jet cartridges and T-shirts also are being sold for \$15 each.

All proceeds from these fund-raisers will go directly to benefit the students of the after school program.

The center also is looking for individual contributors or organizations willing to sponsor a child to help defray the cost of tuition, supplies, nutritious food and transportation.

More than half of the children are not sponsored at this time.

Volunteers are needed at the center in areas such as sports coaches, artists, mentors, grant writers and advisors and tutors.

For more information on assisting the after-school program at the community center call 412-741-5430.

Donations to the program can be sent to P.O. Box 157, Sewickley Community Center, 15 Chadwick St., Sewickley, PA 15143.



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OSBORNE



CATHERINE SUSKO (center) is presented with a certificate of appreciation for her service as a two-term council member by Mayor William Boswell. Council President John Hayes and Maleet Gordon, borough secretary, look on.

Photo by Laura Halleman

Council member will be missed

By Laura Halleman

Staff writer

Cathy Susko attended her last meeting as a council member of Osborne borough last week, and fellow officials shared their gratitude for her dedication to the community.

Susko, who was also public safety committee chairperson, served a total of eight years on council.

"We would not have what we have in this borough without the countless hours of her dedication," said Mayor William Boswell.

"People don't do this for the money. I'm just happy that we have people like Cathy who are willing to devote their time to make this place work. Here in Osborne, I think political differences do not matter."

Boswell presented Susko with a framed

certificate of appreciation for her service to the borough.

He credited Susko with her persistence in seeing to it that the intersection at Route 65 in Haysville remain a priority and getting nearly \$2 million in funding from the federal government allotted to revamping the intersection.

Council president John Hayes commented on the first time he met Susko when they were both picking up dirty recyclables and stuffing them into a dumpster.

"I marveled how such a charming, young woman could be doing that," he said. "The things she has done for this community cannot be counted."

Susko said she is still a resident of Osborne and will continue to help the community.

ON TAXES

Tax rebate deadline is Dec. 31

Pennsylvania seniors and people with disabilities have until Saturday, Dec. 31, to take advantage of the 2004 Property Tax/Rebate.

Eligible participants can receive a rebate of up to \$500 based on rent or property taxes paid in 2004.

The program benefits eligible Pennsylvanians who are 65 years or older, widows and widowers 50 years or older, and those 18 or older with dis-

abilities.

The household eligibility income limit is \$15,000, excluding 50 percent of Social Security, Supplemental Security Income and Railroad Retirement Tier 1 benefits.

The Property Tax/Rent Rebate program is one of four programs supported by the Pennsylvania Lottery.

Residents are reminded to provide all the necessary income, property tax or rental

information required to process claims quickly and accurately.

Property Tax/Rent Rebate claim forms are available by contacting either of Rep. Mark Mustio's district offices at 412-749-4727 (Sewickley) or 412-262-3780 (Moon Township), or by visiting the Pennsylvania Department of Revenue Web site at www.revenue.state.pa.us.

YEAR IN REVIEW

2005 begins with local efforts for tsunami victims

January

The New Year began with local relief efforts being collected and shipped to the survivors of the Dec. 26 earthquake and tsunamis in south-east Asia.

World Vision, with its warehouse in Aleppo Township, sent \$2 million in aid with its first shipment.

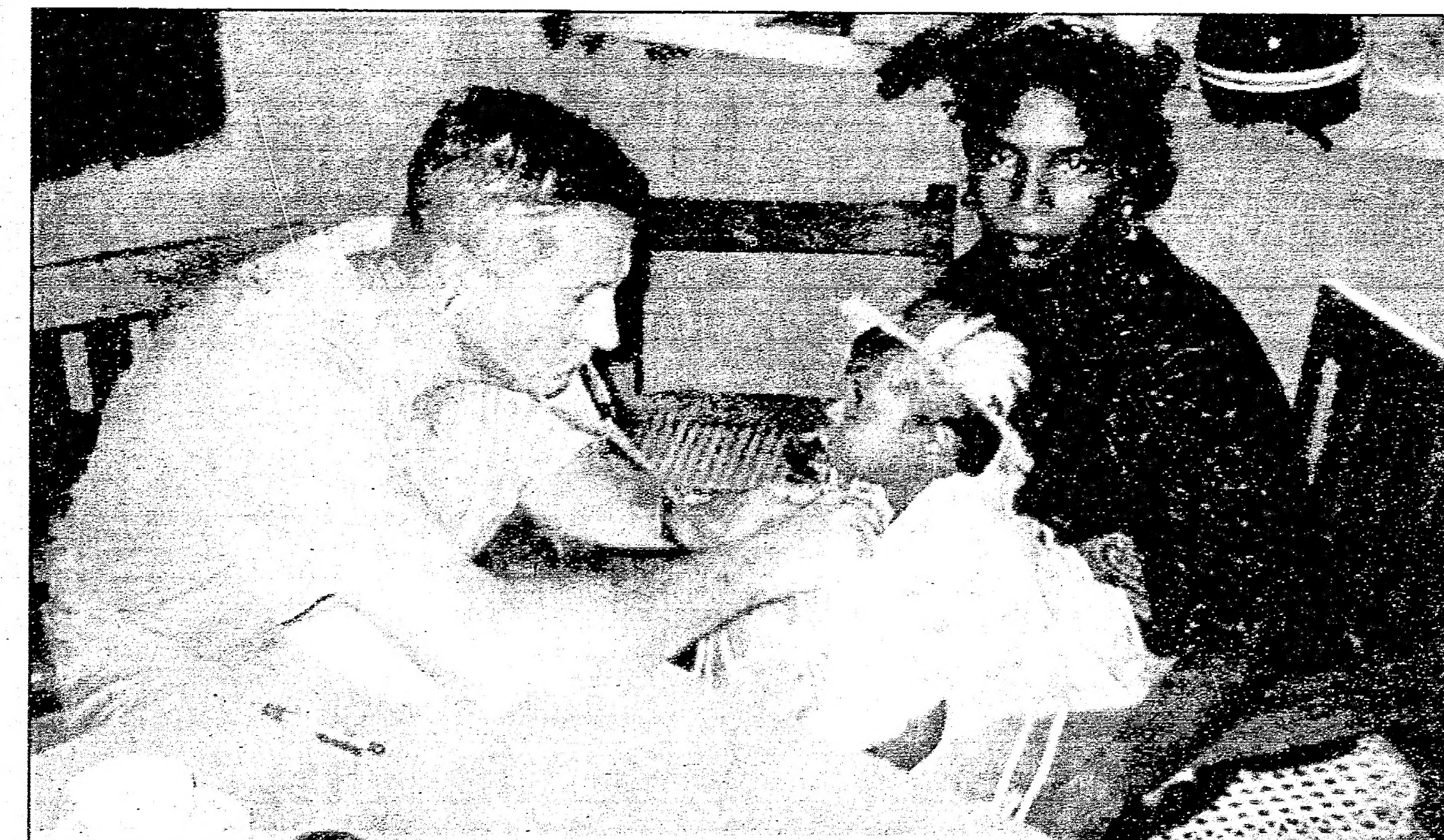
Local schools and other organizations continued to support the relief effort throughout the spring.

Communities First, a regional group opposing the construction of a Wal-Mart Super Center in Kilbuck Township, watched as the Department of Environmental Protection approved the development company's plans for storm sewers.

Sweetwater Center for the Arts and the Old Sewickley Post Office Corp, landlords at the 200 Beaver St. address, negotiated a rent increase.

Sen. John Pippy was tapped to serve on six committees: Senate Law & Justice, Communications & High Technology, Community & Economic Development, Environmental Resources, Transportation, and Game & Fisheries.

QV's Justin Starr was honored for earning National



DR. CHIP Lambert, doctor at Allegheny General Hospital and Edgeworth resident, took his medical skills to Sri Lanka as part of the relief mission after the tsunamis. Lambert also visited victims of Hurricane Katrina later in the year.

and State Advanced Placement honors with an academic pep rally.

Senior Men's Club members welcomed former Steel-

er Louis Lipps to their Friday meeting. The group would meet with many former athletes throughout the year.

The area's SCAT group

(Sewickley Community Asset Team) reached out to teens with its anti-drug message.

Aleppo Township and Sewickley Borough failed to

agree on a contract for police coverage.

The State Police would ultimately patrol the township.

Continued on Page 8



VOLUNTEERS AT the World Vision warehouse in Aleppo Township pack up survival kits to be shipped to southeast Asia.

Sewickley Herald

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OPINION

December 28, 2005

How will you ring in the New Year?



JIM ABERCROMBIE
Sewickley

"I'll meet up with some friends and go downtown. Someone else will be the designated driver."



SHARON BALLARD
Sewickley

"Go to church for mid-night service, then football games and a lot of good food on New Year's."



TRACEY VOGEL
Bell Acres

"...skiing in Salt Lake City."



MARK MESKO
Edgeworth

"...working and staying at home with my family."



DIANNA MESKO
Edgeworth

"...spending a traditional New Year's at home."



See how to connect with your neighbors via Letters to the Editor on Page 7.

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EDITORIAL

New year reminds us time is precious

As we approach the start of 2006, it's natural to wonder what the coming year will bring.

Each time Jan. 1 rolls around, the new year brings with it more than college football bowl games and a day off from work.

The new year carries with it endless opportunities to make a difference.

But the challenge for all of us is to recognize those opportunities and incorporate them into our everyday lives.

Each day when we wake up, we can make a promise to ourselves to make the absolute most of the next 24 hours. Because, as we were reminded when Hurricane Katrina battered the Gulf Coast earlier this year, time is precious.

We watched as the storm made landfall.

We watched as the levees gave way. We watched as the water began to rise and forced people to make life-and-death decisions while clinging to a tree or the roof of a house.

If only they'd had more time, we thought.

But as the enormity of the situation reached the hearts and minds of people across the country and around the world, relief efforts began.

From the 18-wheelers filled with supplies to the nickels and dimes collected by children selling lemonade in their front yards, people sent what



they could.

It's that kind of indomitable spirit that makes a difference in this world.

An entire region of this country was in need, and we answered the call best we knew how.

But giving of ourselves is not limited to such a grand scale.

Volunteer your time for a cause that's important to you or simply spend time enjoying the company of family and friends.

You'll be surprised at how much

that little bit of your time means to those you help. And it will make you feel good too.

Though we all have a thousand things on our collective to-do lists throughout the year, there's one that should never get crossed off:

Find the time to make a difference. You'll be glad you did. Happy New Year!

By Kevin Ritchart
Gateway editor

December 28, 2005

OPINION

Sewickley Herald Page 7

LETTER TO THE EDITOR

Property owner counters group's claims

Dear Editor:

I just read the article in the Sewickley Herald referring to demolition at Dixmont and wasn't surprised to find Bob Keir, co-chair of Communities First, still exaggerating the potential problems.

The Camp, Dresser and McKee (CDM) Phase II Environmental Site Assessment, that he refers to, was done in 1995 by a company that had an option to purchase Dixmont.

It was obviously in their best interest to make the site look as contaminated as possible.

When our family purchased Dixmont in 1999, we immediately contacted CDM to assess the clean-up requirements. We found the CDM report to be accurate but misleading.

The chromium in their report turned out to be sever-

al discarded auto bumpers they found over a hill. The lead was a discarded auto battery they found on site. We were surprised to find the site much cleaner than reported.

While we owned the property, we had the fuel storage tanks properly removed and all the transformers containing PCBs properly removed.

The only remaining hazardous material was the asbestos and the county health department insured that every ounce of it was properly accounted for. The county health department stopped by unannounced and inspected the site often.

Our family cooperated with Communities First. We allowed them to visit Dixmont and confirm that their claims were wrong. They refused to stop making up stories.

A good example of their exaggerating is the article in

"The Citizen," where Bob Keir was quoted as saying, "The developer is dynamiting the mountain."

Our family farm is located above Dixmont in the hills directly behind Dixmont. We never heard anyone referring to our farm as being in the mountains.

While our family owned Dixmont, we had the pleasure of having Bob Cammarata, who was born and raised at Dixmont, and several other long time employees visit the site.

Over the 150 years since Dixmont opened, no one knows of one incident where there was anyone harmed by the pollutants that Communities First erroneously claims exist.

Ralph Stroyne,
Kilbuck Township



Christmas Presence

In the crush of Christmas we pause for hanging of the greens.

Fragrant pine reminds us of the time the angel came to Mary.

In His presence, we accept the gift

anew, the grace of God descending to this Earth.

In unwrapping of the creche, The Word Made Flesh.

By Shirley S. Stevens,
published poet and
former Quaker Valley
English teacher

FYI

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4) Letters to the editor must include signature of the author and phone number for verification purposes.



No unverified letters will be printed.

Letters are subject to editing for space constraints and content considerations.



FYI: The Borough of Sewickley Municipal Offices will be closed on the following days during the holidays Friday, Dec 30, and Monday, Jan. 2.

Gateway Newspapers

Additional copies of Honor, Duty, Sacrifice are available for schools and area organizations. The special publication features first-hand accounts of American military actions.



For additional copies of **Honor Duty, Sacrifice**, call 412-856-7400, ext. 178

YEAR IN REVIEW

Travel, awards, councils top the early news

Continued from Page 5

■ Leetsdale Borough and Quaker Valley School District debated who was responsible for removing the landslide, caused by remnants of Hurricane Ivan, which closed Beaver Road for months.

■ Dick Williams shared his story of climbing Mt. McKinley.

■ The Quaker Valley School Board held the second meeting of its ad hoc committee formed to study the impact of Act 72 legislation on district residents.

■ Time stood still when the hands of Sewickley United Methodist Church clock stopped at 8:45. The digital components were sent to Cincinnati for repair.

■ Gloria Vish, Aleppo Township's board of commissioners' president, resigned.

The debate heated up as the rising cost of law suits took center stage.

■ A series began on the history of Sewickley Cemetery. The monthly articles created awareness around the new Fame monument and the Citizens For Soldiers fund-raising campaign.

February

■ Sewickley's Wine and Spirits Shoppe began Sunday hours.

■ Tim Merrill was named chairperson of the board of directors at Heritage Valley Health Systems.

■ Members of Sewickley United Methodist Church held their 57th annual Turkey Dinner.

■ The medical needs of Alina Sterner caught the focus

Continued on Page 9



SEWICKLEY NATIVE Dick Williams climbed Mt. McKinley and shared his story with Herald readers.

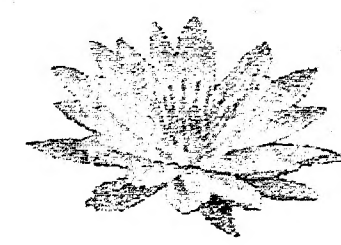


ALINA STERNER captured the hearts of the community as people rallied to her support by organizing fund-raisers for her medical needs.

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Ask Dr. Chips

by: Dr. John Chips

THE FUNCTION OF
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Q: Do my child's baby teeth have any impact on her permanent teeth?

A: Baby teeth, also referred as 'primary' teeth, are not intended to be merely cute. They are important, of course, to letting a child eat and speak properly, but they also establish space in the jaws for the permanent teeth that follow. In natural time baby teeth fall out and permanent teeth move into place. But when a baby tooth is lost before its natural time, say to an injury or decay, a problem can ensue. Other baby teeth may shift into the vacant space. When it's time for permanent teeth to erupt, there may not be enough room. This could result not only in crooked permanent teeth, which could cause costly orthodontic work down the road, but also problems with eating and speaking. If your child is in this position, talk to your dentist about use of a space maintainer. Space maintainers come in various versions — a temporary crown, perhaps — that will keep the space open pending arrival of the permanent tooth. So pay attention to your child's baby teeth. They play an important role in the development of a person's smile.

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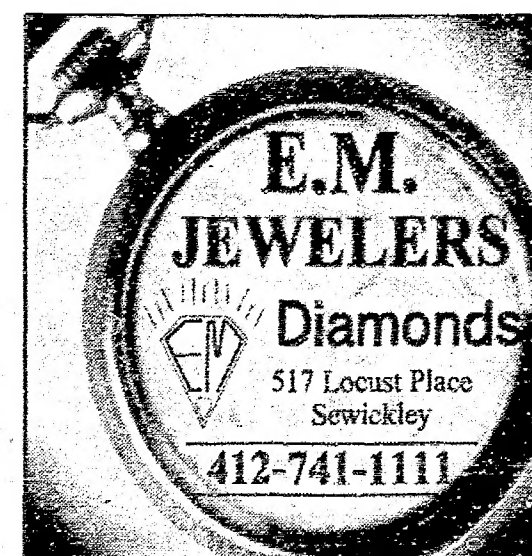
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YEAR IN REVIEW

Achievements, anniversaries mark year's first quarter

Continued from Page 8

of the community. Fund-raisers were organized to assist her and her family.

■ Aleppo commissioners end their interest in a joint venture with Sewickley and Osborne boroughs.

■ The new women's locker room is opened at the Sewickley Valley YMCA.

■ Bids were awarded for the Edgeworth Elementary Renovation Project.

■ Sewickley Valley Hospital Auxiliary made plans to celebrate its 100th year.

■ Jovanka Koledin local seamstress, retired after 54 years.

■ Bob Ford, veteran police officer, and Jesse Torisky, Aleppo Township attorney, were the first of many candidates to declare a run for the Magisterial District Judge position last filled by James Russo. Russo died in 2004.

■ The War Memorial Playground Fund project entered its final stage with \$290,000 of the needed \$310,000 col-



ASTRONAUT MIKE Fincke returns to Sewickley Academy.

lected.

■ Astronaut Mike Fincke, SA graduate, visits his alma mater and talks to the students about his 187 days in

space.

■ An early morning fire destroyed a 133-year-old home on Peebles Street, Sewickley.

The home was one of four built by Jehu, a riverboat captain, for each of his children.

■ Dr. Dan Brooks was named COO at Sewickley Valley Hospital.

March

■ Rita Hoepf, QVHS English teacher, was named a Teacher of Excellence and presented with a proclamation by the district school board.

■ Chris and Charlotte Raab, owners of Sewickley Stained Glass, celebrated the 25th anniversary of their business.

■ Sewickley Valley Hospital opened its new 23-bed progressive care unit.

■ A new bus route was designed to help residents get around the Beaver Street, Leetsdale, landslide.

■ Property tax relief throughout Allegheny County was a strong topic for local debate.

■ Nine candidates registered for the May 17 primary for the district magistrates' seat.

■ Preparations began for the reno-

Continued on Page 10

AGENDA:

- Aleppo: 3rd Monday, 7 p.m., 100 North Dr.;
- Bell Acres: 2nd Monday, 7 p.m., Big Sew. Creek Firehall;
- Edgeworth: 3rd Tuesday, 8 p.m., Municipal Building, Beaver Road;
- Glenfield: 2nd Tuesday, 7 p.m., at Riverside Park;
- Haysville: 2nd Tuesday, 7:30 p.m., 34 South Ave.;
- Leet: 2nd Monday, 7:30, Municipal Building;
- Leetsdale: 2nd Thursday, 7 p.m., Municipal Building, Broad St.;
- Osborne: 3rd Tuesday, 7:30, Osborne Elementary;
- Sewickley COW: 2nd Tuesday, 7:30; • Sewickley: 3rd Monday, 7:30 p.m., in Sewickley Borough Building;
- Sewickley Heights: 3rd Monday, 4:30, Borough Hall;
- Sewickley Hills: 2nd Monday, 7:30, Fairhill Rec. Building;
- QV School Board: The board meets the 4th Tuesday for a legislative session at 8 p.m. in Quaker Valley Middle School.

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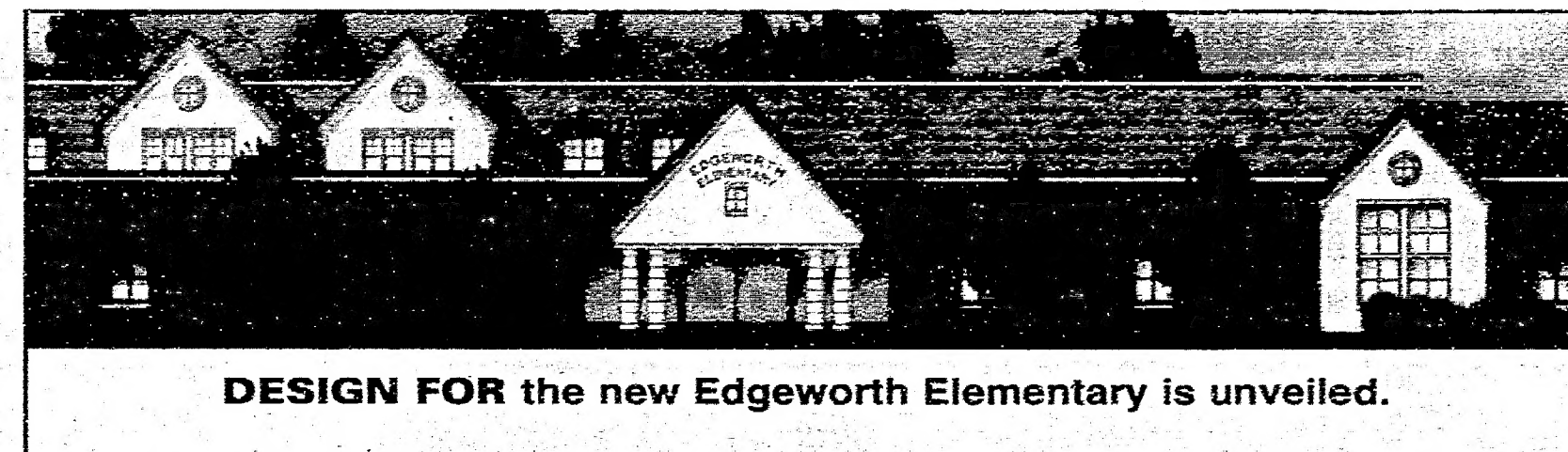


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YEAR IN REVIEW



Making plans and honoring the past

Continued from Page 9

vation/construction work at Edgeworth Elementary School.

■ Ernie Williams and James Theys, honored World War II pilots, were inducted into Oakland's Soldiers & Sailors Hall of Valor.

■ Edgeworth Mayor Bob McGinnis resigned his post. He and wife Hetty moved to Boulder, Colo.

■ Sewickley Valley Hospital launched a fund-raising campaign to renovate the emergency department.

April

■ Watson Institute hosted a reception and program on the 50th anniversary of the development of the Salk vaccine.

Many of Dr. Jonas Salk's trials took place at D.T. Watson Home for Crippled Children and throughout the area.

■ Dr. Joseph Clapper, QV assistant superintendent, took a new position as superintendent for the North Hills School District.

■ The Sewickley Herald named its honorees for the 2004 Woman, Man and Citizen of the Year awards. They were Joan Murdoch, John Hayes and Harton Semple Jr., respectively.

■ Pope John Paul II died and St. James parishioners gathered for a memorial mass.

■ Leedsdale Community Activities Association disbanded after 14 years, leaving plans for the community-wide 4th of July parade up in the air.

■ Quaker Valley School District's music program was named to the nation's top 100 according to the American Music Conference.



Ernie Williams



Jim Theys



DR. JONAS Salk (on right) gives blood during the days of his research for a polio vaccine at Watson and the University of Pittsburgh.

May

■ Child Health Association of Sewickley presented its 32nd tour of local homes.

■ The Sewickley Council of Garden Clubs enjoyed a great Saturday for its 40th annual May Mart.

■ Dr. Robert Sabatelle, permanent deacon at St. James Catholic Church, continued his medical practice with

Helping Hands Medical Missions in Mexico, El Salvador, Brazil, Honduras and the Philippines.

■ QVHS was named one of America's best high school's according to Newsweek Magazine.

■ After months of study, Quaker Valley School Board opted not to accept the Act 72

Continued on Page 11

YEAR IN REVIEW

Sense of history, vision balance the Herald's pages

Continued from Page 10

proposal, which seeks to fund property tax decreases with slots revenue.

■ Bob Ford won the primary election handily on both tickets for the District Judge seat.

June

■ Quaker Valley graduated 150 seniors, and Sewickley Academy graduated 69.

■ Broad Street closed for much-needed repairs. Designated detours clogged streets and slowed business traffic.

■ The 4th of July parade, fireworks and carnival were cancelled due to lack of funds and volunteers to carry out the planning.

■ Osborne Borough Coun-

cil and residents reviewed district's plans for the elementary school project to begin in May 2006.

■ St. Matthews AME Zion Church celebrated its 148th anniversary.

■ On June 13, the old Fame statue was lifted off her pedestal in Sewickley Cemetery. She now resides in the mausoleum.

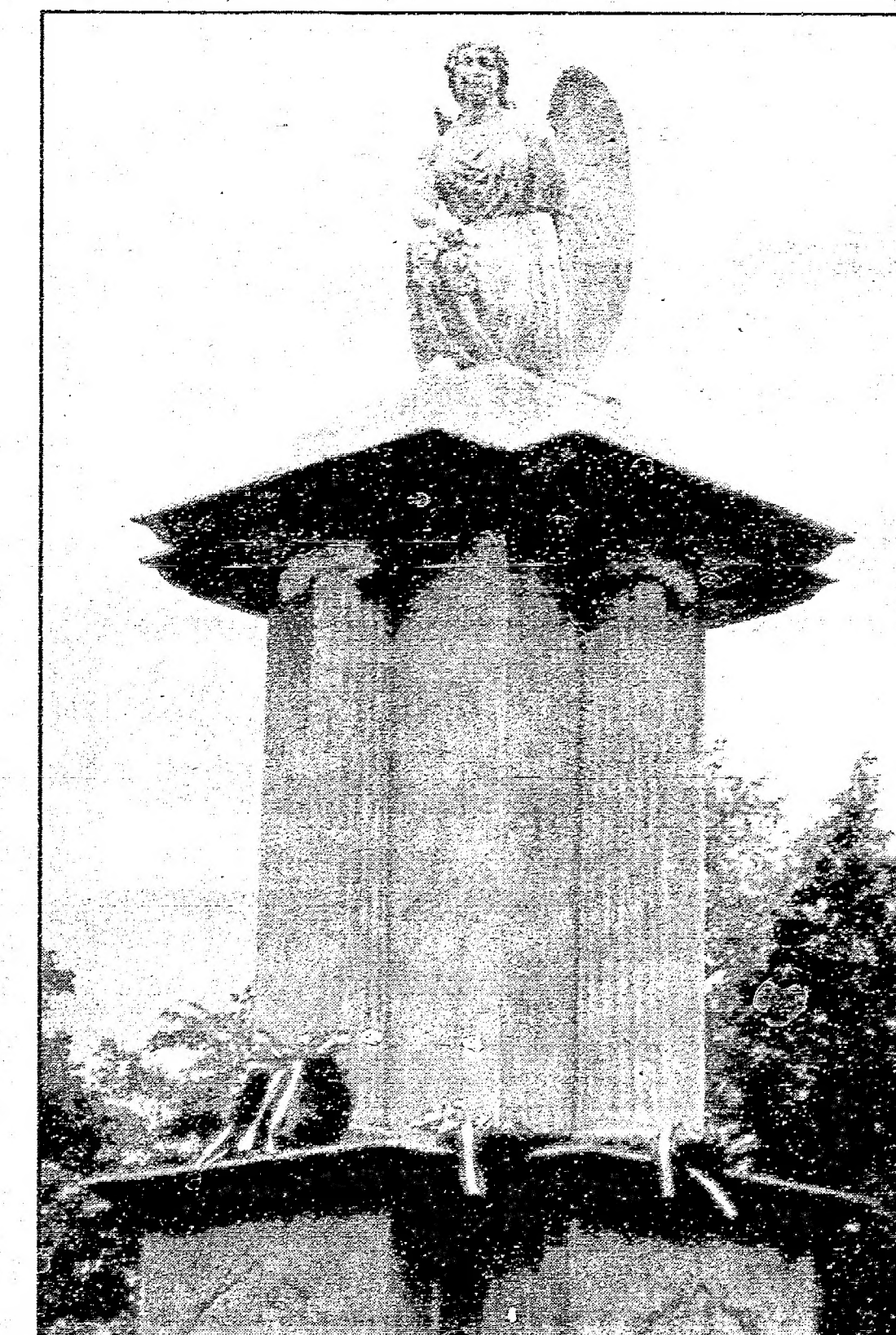
■ Sewickley Heights and Sewickley councils came together to orchestrate repairs to Blackburn Road.

■ Friends of Sewickley Public Library enjoyed another Concert in the Park fund-raiser.

■ With Gov. Ed Rendell's recommendation, Bob Ford was sworn in as magistrate on June 28, months before the general election.



BROAD STREET construction snarls traffic and frays nerves throughout the Village business district.



THE OLD Fame statue presided over one last Memorial Day ceremony.

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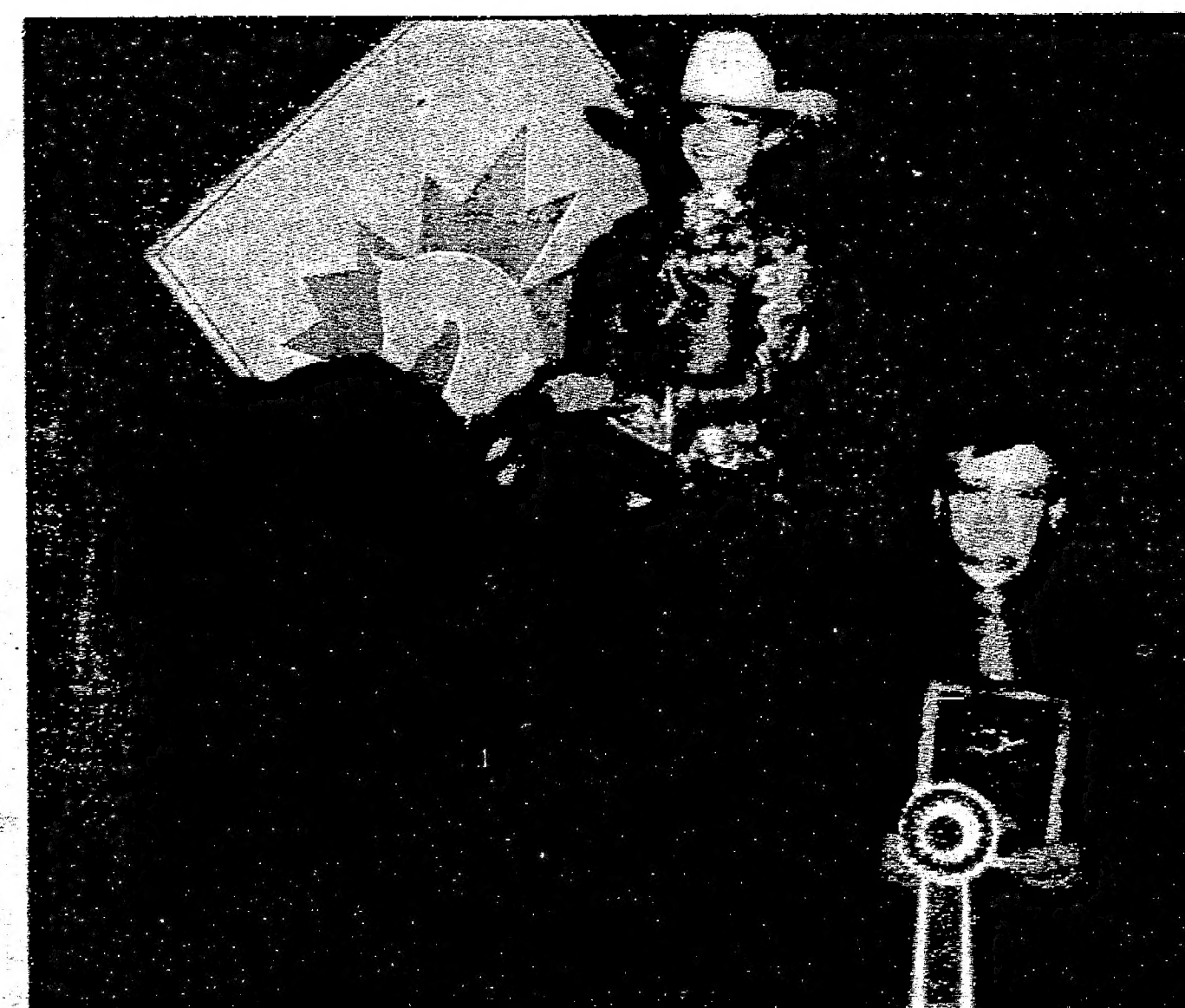
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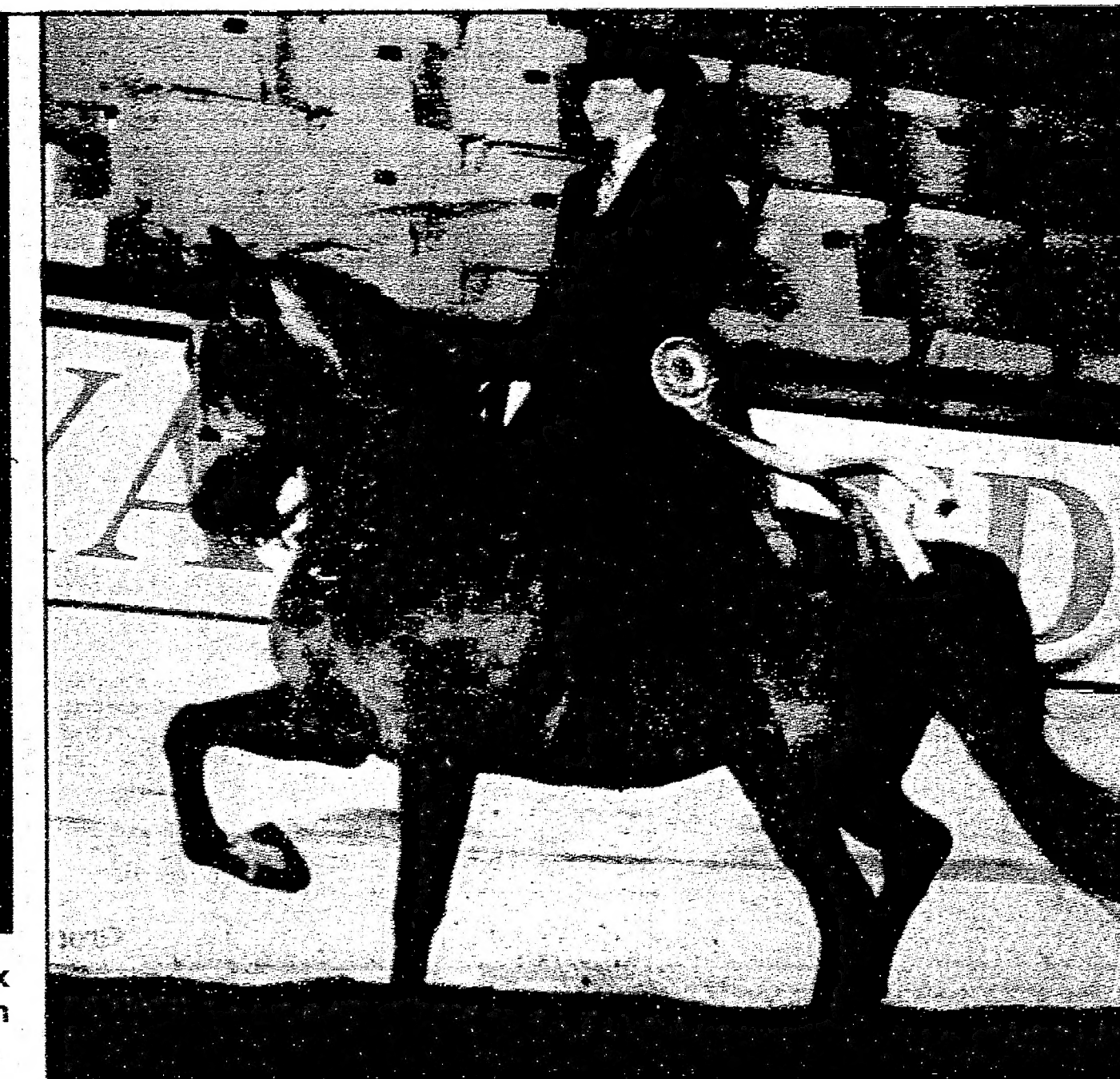
TEMPO

The lighter side of life

INTERNATIONAL SPOTLIGHT



DEVIN LALLY (above) and Maura (at right) brought home six top-10 awards from an international riding competition in Canada this year.



Lally sisters ride into internationals with ease

By Kate Canan
Staff writer

Maura and Devin Lally have been riding horses since they were toddlers and now have such complete command of their horses, they have brought home six top-10 awards from an international competition in Saskatchewan, Canada.

The two Quaker Valley students have their own horses and participate in five or six shows every year. The Lallys had intended to compete in the U.S. Nationals in Albuquerque, but ran into conflicts, causing the family to enter the Canadian competition, only 36 hours away by car.

Not just anyone with a horse can compete in these prestigious horse shows; everyone must qualify at local and regional meets, where judges determine the rider's and horse's worth.

Maura and Devin's mother, Kris, is responsible for getting the girls involved in riding, claiming she put the girls on horses as soon as they could walk.

Kris grew up on a horse farm, where her father bred horses and grew to love them so much, she wanted her

daughters to have some of the experiences she had as a child.

Maura and Devin have certainly followed in their mother's footsteps, literally, having competed in hundreds of shows throughout the years. Most of the shows take place in Kentucky, but when the girls qualify, they go to nationals.

The Lallys would love to attend the weeklong national competition every year, but the strain the travel puts on the horses, along with enormous traveling expenses for the family, force the Lallys to keep their national championship appearances to every other year.

"It is terribly expensive," Kris says. "We don't go to Aruba. This is our family vacation."

The girls were even more challenged competing in Canada than in the United States because in Canada, adults can enter the same categories.

In the shows, the horses and riders are judged on different gates — walk, trot and canter — with five judges in the middle of the arena. Different standards apply to different gates and styles, which are known as English pleasure and Western pleasure.

In nationals, the judges are much more critical and riders cannot afford to make mistakes and still hope to place. And even after going through multiple shows to qualify for nationals, the riders still have to go through two or three cuts before making the final round.

"The horse and the rider are judged together," Kris explains. "If the horse spooks at something in the arena or holds its head at an improper angle or breaks into a different form, they're knocked down and eliminated."

Devin's favorite thing about her experience with horses is competing and feeling like she and her horse can understand one another.

"I just like when it feels like I can relate to them since I've been riding for so long," she says. "It's like I can sense what they're feeling."

The 14-year-old came home from Saskatchewan with two top 10 finishes.

Devin's been competing since she was 10, and while she gets nervous before competition, she wouldn't trade her experiences for anything.

"It was just really neat because all of my friends were cheering for me in

the stands. It was a great feeling."

Sixteen-year-old Maura came home from Canada with four awards, two top 10 finishes in the Western division and two top 10 finishes in the English division. She's been competing for 10 years and no longer gets nervous before competition, but gets a surge of adrenaline.

After a decade of showing, Maura has made friends all over the country. She believes her involvement with horses and competition has matured and shaped her as a young woman.

"I've learned how to win and I've learned how to lose," Maura says. "I've had some of the best times and some of the worst times of my life at horse shows."

Maura has won a total of eight top 10 awards with her horse, Stragic Hope, the horse she's been riding since third grade. She and Stragic Hope have also been ranked fourth in the country twice.

"The feeling of accomplishment is the best," she says. "I feel so close to (Stragic Hope). It's so special. She's not the biggest horse or the prettiest horse, but she's a winner."

IN CONCERT



RCBB CONDUCTOR Denis Colwell and the Rev. Barry Lewis of Sewickley United Methodist Church enjoy the after-concert reception.



PERFORMING WITH the River City Brass Band for the Faith in Action fundraiser held Dec. 13 were members of the Moon Area High School Chamber Ensemble as directed by Lori Cole. This was the 10th consecutive holiday performance of the band in Sewickley United Methodist Church.

(At right) the RCBB trio brought the house down with their song, "Dan the Un-wise Man."

Photos by D.S. Dreeland

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PIRATES GM David Littlefield (on left) attended the event and was welcomed by Paul Collier.

BIRTH
PLUNKARD

Mr. and Mrs. Thomas Plunkard of Colonial Way in Center Township announce the birth of their daughter, Victoria Rae Plunkard.

Victoria was born on Nov. 11, 2005, in Sewickley Valley Hospital.

She weighed 6 pounds, 5 ounces and is their first child.

Paternal grandparents are Jim and Brenda Plunkard of New Castle, Pa.

Maternal grandparents are Nick and Marylu Giver of Edgeworth.

BIRTH
COYLE

Mr. and Mrs. Joseph and Susan Coyle of Sewickley announce the birth of their son, Joseph Andrew Coyle III, born on Nov. 9, 2005, in Sewickley Valley Hospital.

He weighed 8 pounds, 9 ounces.

Joseph is the Coyle's second child. Ava Tessa-Estelle Coyle is 2 years old.

Maternal grandparents are Robert and Edith Yeager of Sewickley Heights.

CLUB DATE

Mom's meet
in January

Did you ever wonder about the difference between boys and girls or the importance of play in a child's life?

These topics will be discussed by Liza Sipe from the Laughlin Center at the next meeting of the Sewickley Mom's Club.

The meeting will take place on Tuesday, Jan. 3, at 9:30 a.m. at St. Andrew's Church on Beaver Street in Sewickley.

The program is free and open to the public.

All area moms are invited to attend with or without their children, and there is no need to R.S.V.P.

For more information about the program or the club, e-mail sewickleymomclub@yahoo.com.

ON THE CALENDAR

Winter session begins at Sweetwater

Winter registration has begun at Sweetwater Center for the Arts.

Call now to guarantee a spot in one of the many arts-related classes and workshops that begin Jan. 27.

Upcoming classes that are sure to get those creative juices flowing include:

■ Southwestern Pottery Workshop (ages 16 & up): Learn how to incorporate interesting Southwestern techniques into your ceramic work with popular instructor Joe Sendek.

■ An Evening in Japan (ages 16 & up): Take a trip to the Orient with Chef Marc Alfano of Alfano's Restaurant in Washington, Pa., and learn how to make Japanese rice, sushi, homemade teriyaki sauce and more in this demonstration class with tasting.

■ Portrait and Figure Drawing (ages 16 & up): Nationally recognized artist James Sulkowski, owner of Sulkowski Fine Art Gallery in Cannonsburg, Pa., teaches this workshop that will examine the construction of the



portrait and figure.

Form, anatomy, proportion, color and technique will be discussed and demonstrated, while students will work in oil or pastel.

■ Post Consumer Papier Mache (ages 16 & up): Turn egg cartons and other post-consumer paper into works of art.

Learn how to make beautiful mirrors, picture frames and more out of materials that most people throw away.

In addition to the Center's unique educational programming, there are a variety of events and gallery exhibitions

held on a regular basis.

■ "Brand New Space" exhibition features the work of local artists who explore the vast concept and endless translations of the idea "space."

Opening reception will be held on Friday, Jan. 27, from 7 to 9 p.m. with entertainment by local sound artists.

■ Sweet Jazz music series is hosted by Sweetwater's vocal instructor Patrick Arena and features entertaining, established jazz performers from the Pittsburgh region.

The after-the-work-week evening features wine, food, art and entertainment every Friday in February.

■ Live Fridays music series will take place Fridays in March with a celebration at the West End's James Gallery with Kenny Powell performing on March 31.

Call the center for more information or register at 412-741-4405.

Call for a free catalog or visit the Web site to see all of the classes and events at www.sweetwaterartcenter.org

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Q: Do my child's baby teeth have any impact on her permanent teeth?

A: Baby teeth, also referred as "primary" teeth, are not intended to be merely cute. They are important, of course, to letting a child eat and speak properly, but they also establish space in the jaws for the permanent teeth that follow. In natural time baby teeth fall out and permanent teeth move into place. But when a baby tooth is lost before its natural time, say to an injury or decay, a problem can ensue. Other baby teeth may shift into the vacant space. When it's time for permanent teeth to erupt, there may not be enough room. This could result not only in crooked permanent teeth, which could cause costly orthodontic work down the road, but also problems with eating and speaking. If your child is in this position, talk to your dentist about use of a space maintainer. Space maintainers come in various versions — a temporary crown, perhaps — that will keep the space open pending arrival of the permanent tooth. So pay attention to your child's baby teeth. They play an important role in the development of a person's smile.

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Cub Scout Pack 243 reaches out to those in Iraq

By Kate Canan

Staff writer

Cub Scout Pack 243 is among scouts all over the nation who are making sure American soldiers and Iraqi children aren't forgotten this Christmas.

HELPING HANDS

The Sewickley group consists of 100 boys, ages 7 - 12, who are committed to doing good deeds and helping those in need.

After one of the den mothers came across a Web site about a program put together by actor Gary Sinise, she felt compelled to have her group participate in reaching out to underprivileged children their age in Iraq.

"It's very inspiring," Maria Torchia Brown says about the Web site. "It makes you feel like you should go out and do something."

The boys went to work on getting school supplies for Iraqi children who couldn't afford to go to school, but needed assistance in funding the project.

Because the parents of the cub scouts provide so much of their time and money to different causes, Brown and the other den mothers didn't want to ask them to provide the



MEMBERS OF Pack 243 compose letters to soldiers serving in Iraq. The boys also sent along school supplies for Iraqi students.

money, but were then faced with the dilemma of a very limited expense fund.

Even 7-year-old cub scout Johnny Medich was a little concerned.

"I thought, 'Wow, I wonder where we're going to get all of this stuff,'" he says.

The scouts didn't have to worry long, though.

The den mothers went through a Wal-Mart developer

in Emsworth, who contacted a company representative, providing the scouts with a \$1,000 donation.

Thanks to the contribution, the scouts bought gluesticks, pencils, folders, erasers, tablets, scissors and pencil bags to send to the children and were able to provide 13 products for every Iraqi child they were supporting.

Ten-year-old Rocco Brown

learned a lot from the experience.

"I really liked it," he says. "It was fun because we watched this video, and it said a lot to me because there are a lot of kids that don't go to school or have money."

The boys not only supplied many underprivileged Iraqi children with school supplies, Pack 243 wrote a total of 80 letters to the soldiers serving

overseas, and made a banner with all of their handprints and names on it.

Johnny wrote two letters, telling the troops about the formerly undefeated Colts, information about the Steelers and playoff hopes, as well as wishing them a Merry Christmas and giving them information about his scouting pack.

Rocco also took part in writing letters.

"I think it's important for the soldiers because they're protecting our country, but they don't really know a lot of stuff that's going on here," the Weeblos 2 scout explained.

Pack 243 is always doing community service. Recently, they completed the annual toy drive, otherwise known as the "Light of Life" program. The boys sent out a flier in November and donated some of their own gently-used toys.

"We had a truckload," Maria laughs.

However, Maria feels the boys took the most away from their experience in helping the underprivileged Iraqi children.

"It was nice because it not only gave the boys an opportunity to touch lives in another country, it was also a community effort," she says.

"It was very well-rounded and heartwarming."



CLASS OF 2017

MEMBERS OF Vickie Gibbon's first grade class at Sewickley Academy are (first row, from left) Neil, Mary, Jessa, Mia and Jack; (second row, from left) Alexa, Kalli, Ciara, Ian and Holly; (back row, from left) Jonathan, Griffin, Diana, Libby, Margaret and Kevin.

Photo by Tim Edmonson

MUSIC & MONEY

QVHS students produce CD for hurricane victims

Recognizing that the devastated areas of the Gulf Coast will need assistance for many years to come, students and faculty in the Quaker Valley School District have joined forces to launch another fund-raising project for Hurricane Katrina relief.

Organized by the students in the Student Service Learning Center class (SSLC) at Quaker Valley High School and the district's music department, the latest project is a compilation CD of musical performances by QV musical groups from grades one to 12 recorded in November.

The CD is \$15, with \$10 of each sale going directly to the rebuilding of a selected New Orleans school destroyed by the hurricane.

"More than 1,200 students participated in the production of this compact disc," said SSLC teacher Ron Beers.

"Administration and faculty are also represented. Our goal is to directly benefit our fellow students in New Orleans as their school is rebuilt and they return to a happier and more prosperous life."

The CD features 28 tracks

of performances by Osborne Elementary and Edgeworth Elementary School choirs, bands and strings orchestras; Quaker Valley Middle School chorus, bands and strings orchestras; Quaker Valley High School Chamber Singers, concert choir and orchestra; the combined 6th through 12th grade orchestra; and the Quaker Valley High School Marching Band.

The selections on the CD range from patriotic songs like "God Bless America" and the "Star Spangled Banner" to classics like "Danny Boy" and "Russian Sailors' Dance."

"If there's one selection that presents our theme it is 'A Gift for Every Child' performed by the sixth grade chorus," said Beers. "It really reflects everything we're trying to do with this project."

The CD titled "Building Talent - Building Schools - Building Hope" is available through the offices at each of the district's four buildings and through the Student Service Learning Center (412-749-5557, Ext. 2285).

The district has collected more than \$16,000 for the American Red Cross and The Salvation Army.

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AT ST. JAMES

Students honor miracle

The students at St. James School prepared for the celebration of Christmas earlier this month by honoring the feast days of St. Nicholas and Our Lady of Guadalupe.

The true story of Santa Claus begins with Nicholas, who was born during the third century in a village in what is now Turkey.

His wealthy parents, who raised him to be a devout

Christian, died in an epidemic while Nicholas was still young.

Obedient Jesus' words to "sell what you own and give the money to the poor," Nicholas used his whole inheritance to assist the needy, the sick and the suffering. He dedicated his life to serving God and was made bishop while still a young man.



STUDENTS PERFORMED the miracle story of Juan Diego and Our Lady of Guadalupe in St. James Catholic Church in Sewickley on Dec. 12.

Bishop Nicholas became known throughout the land for his generosity to those in need, his love for children and his concern for sailors and ships.

Through the centuries many stories and legends have been told of St. Nicholas' life and deeds. By his example of generosity to those in need, especially children, St. Nicholas continues to be a model for the compassionate life.

The Colonial Germans in Pennsylvania held tightly to the feast of St. Nicholas celebrated on Dec. 6, and through many twists and turns of history and the imaginations of our ancestors, the modern day Santa Claus was born.

On Dec. 6, the children of St. James had their "socks" filled with goodies in honor of Old St. Nick.

Then on Dec. 12, Mrs. Wojtkowski and the 8th grade class at St. James performed a rendition of Our Lady of Guadalupe for their fellow students, families and parish-

ioners.

Our Lady of Guadalupe day is celebrated each year by the students at St. James School.

On this day in 1531, a "Lady from Heaven" appeared to a poor Indian at Tepeyac, a hill northwest of Mexico City. She identified herself as the Mother of the True God, instructed him to have the bishop build a temple on the site and left an image of herself imprinted miraculously on his tilma.

This tilma, a poor quality cactus-cloth, should have deteriorated in 20 years but showed no sign of decay 469 years later.

This appearance of Our Lady inspired the conversion of millions of Aztec inhabitants of the land, who had professed for centuries a polytheistic and human sacrificing religion, to Christianity.

The children at St. James completed their celebration of this feast with decorations, Mexican wedding cakes and hot chocolate.

FELLOWSHIP

Jonah drama on area stage

Saltworks Theatre Company will perform "The Book of Jonah" on Friday, Jan. 27, at 7:30 p.m. at Orchard Hill Church on Brandt School Road in Wexford.

The Old Testament book, a timeless story of repentance, redemption, and forgiveness, will come to life on the stage with culturally authentic costumes, props and music.

Cost is \$15, which includes a gourmet dessert reception, and benefits the Young

Actor's Studio.

For tickets, call 724-934-2820, Ext. 204.

Worship at Antioch

Antioch Baptist Church, 332 Elizabeth St., Sewickley, holds Sunday School at 9 a.m. and morning worship at 10:45. Bible Study and Prayer Service are on Wednesdays beginning at 7 p.m.

The Rev. Troy Sligh is pastor. For more details, call the church at 417-741-7688.

Frank Schroeder Jr., civic-minded Edgeworth resident

Frank C. Schroeder Jr., 94, of Sewickley, formerly of Edgeworth, died Dec. 16, 2005, from complications resulting from a stroke.

IN MEMORY

He was born on Jan. 7, 1911, and was the son of Mr. and Mrs. Frank C. Schroeder.

He was the husband of Charlotte (Bryan) Schroeder and the late Catherine (Meanor) Schroeder; loving father of Frank G. Schroeder III (Elizabeth), Frances Dawes Schroeder (Henry C. Eastwood), Jean Slak Schroeder and the late Edward Meanor Schroeder; brother of A.R. Schroeder, the late William E. and John Slak Schroeder; proud grandfather of Catherine G., Mary Elizabeth and Luke C. Schroeder, Heather and Brendan Eastwood.

Mr. Schroeder attended Sewickley Academy, Phillips Academy and Princeton University.

He was a trustee for Phipps Conservatory, Vang Foundation, Sewickley Academy, Sewickley Valley Hospital and past president of Edgeworth Borough Council.

Mr. Schroeder was a member of the Allegheny Country Club, the Edge-



worth Club, HYP Club and the Yeaman Hall Club.

He retired in 1978 and was the owner/operator of Equipment and Supplies Inc.

He was a great lover of the outdoors, sports, his garden and greenhouse, as well as a keen bird watcher. He was never without his binoculars and bird book.

His golfing career reached its apex in 1984, when he won his third Spring Medal Tournament and achieved the status of being the oldest person to win the trophy.

A memorial service was held on Monday at St. Stephen's Episcopal

Church in Sewickley.

Memorial contributions may be made to Sewickley Valley Hospital, 701 Broad St., Sewickley, PA 15143, or Phipps Conservatory, One Schenley Park, Pittsburgh, PA 15213.

Arrangements were made by Copeland's Sewickley.

Charles Katona

Served in U.S. Army Reserves

Charles Katona, devoted husband, died Dec. 16, 2005, at his home in Edgeworth.

He had celebrated his 69th birthday two days before.

Born Dec. 14, 1936, in Szany, Hungary, he was the son of the late Sandor and Vilma Laszlo Katona.

Mr. Katona was a member of St. James Catholic Church, Sewickley.

He was educated in Gyor, Hungary. Before his retirement, Mr. Katona worked for Harbison Walker Refractories, now part of ANH Refractories Co., as a project engineering coordinator.

He was a in the U.S. Army Reserve for eight years. He was an avid golfer and soccer fan.

He is survived by his loving wife Irene; a nephew, Matthew Katona,

and sister-in-law, Marie Katona, both of Szany, Hungary; sister-in-law and brother-in-law, Frances and Charles Robatisin, of Hopewell; sister-in-law, Margaret Tranovich of Columbus, Ohio; and sister-in-law, Eleanor Robatisin, of St. Clairsville, Ohio, and numerous nieces and nephews.

He was preceded in death by his brother Laszlo.

Burial was in Mt. Olivet Cemetery. Arrangements were handled by Copeland's Sewickley-Irvine Chapel.

Jerome Thompson

Business owner

Jerome "Jerry" A. Thompson, 62, of Morrow, died Nov. 30, 2005.

He was born on Feb. 25, 1943, in Pittsburgh to Ferree and Eleanor (nee Stobbe) Thompson and was the owner and operator of Thompson Window Cleaning.

Mr. Thompson is survived by his wife of 32 years, Catherine (Sikorski) Thompson, brother Edward Thompson of Pittsburgh and sister Arlene Kurtz of Pittsburgh.

Memorials may be sent to the family.

Arrangements were made by Vale-Hoskins Funeral Home in Morrow.

Obituaries may be e-mailed to the Sewickley Herald at sewickley.herald@gatewaynewspapers.com

FELLOWSHIP

Lunches at Christy House resume in January

Fridays can be extra special when you visit the Christy House for lunch with a friend.

Everything on the Christy House menu is homemade.

Judi Erno, a local caterer, has been preparing the lunches for the past six years.

She is ably backed up by Caroline Herring, whose recipes also appear in the Christy House Cookbook.

Dessert cookies are made by volunteers, and some of these special goodies also are



included in the book.

The Christy House shops, Earthly Treasures and The Needles Eye, will be open.

A special feature of the

Needles Eye is the cookbook that includes the recipes used in the luncheons served in the tearoom.

The Christy House is open on Fridays from 11 a.m. to 2 p.m.

Lunch is served at 11:30 and 12:30.

The Christy House, located on Frederick Avenue, is a ministry of the women of St. Stephen's Church.

Richard D. Cole Funeral Home, Inc.

James T. Hughes - Supervisor

Kellie Tsouris Hughes - Funeral Director

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Thought for the Week

We traditionally look at the beginning of a new year as a good time to make resolutions, to initiate change...If you're into making New Year's Resolutions, why not make your resolution for the coming year just to be happy? Many people run around their entire lives searching for happiness. In our minds we concoct so many "things" that we think will make us happy and go after these with the greatest of dedication and then find out that we're not as happy as we thought we would be.

Happiness does not come in a box. If we spend our energies trying to find happiness in possessions, or in accomplishing some wanted feat, we end up like the proverbial dog chasing his tail. We may have much to show for our efforts such as possessions or plaques to hang on the wall - but no happiness. Why go through all that trouble? Why not decide to just be happy? It's simple. Actually, you can't obtain happiness any other way...this is the starting point...

We at COPELAND wish you a very happy...Happy New Year...



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WINNERS TO BE ANNOUNCED IN THE SPECIAL MARCH EDITION.

SPORTS

SPORTS IN REVIEW

2005 produces memorable athletic moments

Championships were won and some were lost in the Sewickley area over the past year.

There were numerous individual accomplishments and heroic team efforts that made thousands of Herald readers proud.

The following is a retrospective, compiled by sports editor Bill Hartlep, of the many highs and some lows that made up the first six months of 2005.

January

■ Amir Johnson makes an impact immediately for the Quaker Valley boys' basketball team, averaging more than 30 points per game and leading QV to a 14-1 record after an 83-61 beating of rival Sewickley Academy.

He scored 32 points against his former team, which he transferred from prior to the 2004-05 season.

■ Freshman Jenna Richert qualifies for three WPIAL events in a 94-89 meet win over Pine-Richland.

She won the 500 freestyle as well as two relays, which also included Becca Blazac, Drea Chamberlain and Rachael Tunich (200 medley relay) and Blazac, Chamberlain and Britt Richert in the 200 freestyle relay.

February

■ The Quakers boys' basketball squad clinches a section title and improved to 20-1 as the regular season wound down.

The team was led by Johnson, Ryann Bradford and Ryan Courneen.

■ Sewickley Academy also advanced to the post-season, finishing in second place in the section on the shoulders of Matt Palmer and George Raftis, who posted 14 double doubles in the first 20 games.

■ Five hockey players from Quaker Valley were named to the PIHL All-Star team including Furman South, Shawn Ritchey, Breton McNamara, Will Forster and Zac Zinger. Sewickley Academy also sent five members - Trevor Heck, Alec Shannon, Connor Blood, Scott Limbach and Rich Thornburgh.

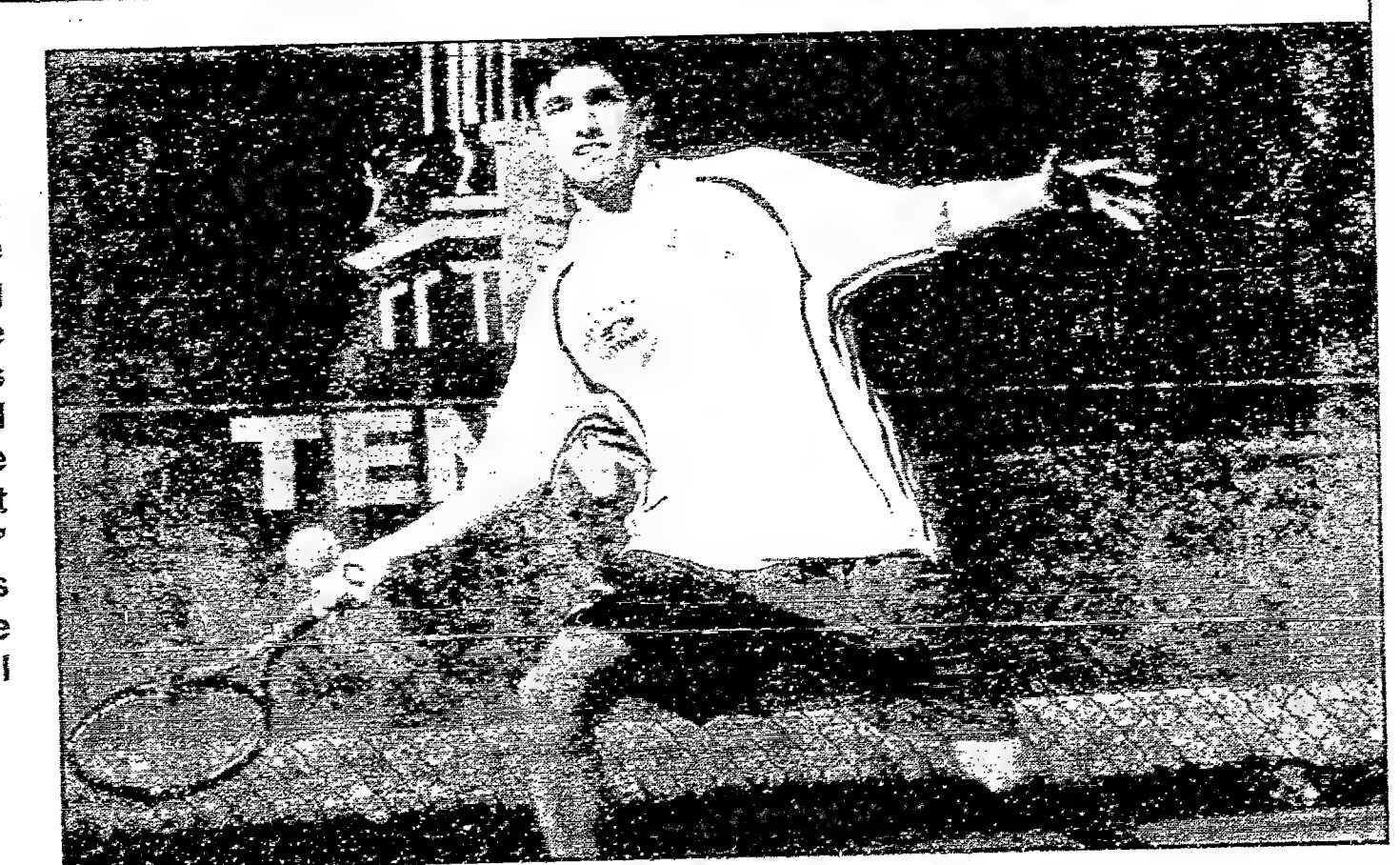
■ Ashton Kinney from SA and Drea Chamberlain from QV lead the swim team to solid finishes at the MAC Championships.

The girls' team earned third and the boys took fourth.

■ The Lady Panthers basketball team fell to Clairton in the WPIAL quarterfinals, finishing the season 17-7 under former coach Roy Parker.



QUAKER VALLEY girls' track and field (above) won its fourth WPIAL title in five years last spring, defeating Beaver and Burrell in the finals. Sewickley Academy's Trevor Heck (right) excelled in three sports for the Panthers last season, but was a standout for the boys' tennis team. One of his greatest performances came in a 4-1 defeat over rival Quaker Valley.



March

■ Twenty-one athletes from the Pennsylvania Shotokan Karate Club competed in the USA National Karatedo Federation regional qualifier, bringing home 30 medals, including 11 golds.

■ Quaker Valley hockey claimed its fourth consecutive PIHL Class A Western Division title with a record of 18-1-2, with its only loss coming to Serra Catholic. They would play in the PIHL Penguins Cup semifinals, but fall to Bishop McCort, 3-1, finishing the season 18-3-1.

Sewickley Academy would advance to the Penguins Cup semifinals also, but was edged out by Serra Catholic, 11-6.

■ Following a loss in the WPIAL

Finals to Beaver Falls, the QV boys' basketball team advanced to the PIAA quarterfinals. Aliquippa would abruptly end the Quakers' season with a 72-70 defeat.

■ Sewickley Academy basketball standout Katarina Lackner signed a letter of intent to play for the University of Pennsylvania. She led the team in points and rebounds in 2004-05.

■ Lady Panthers soccer stars Casey and Carly Dieter, twin sisters, signed letters of intent to attend separate colleges. Casey now plays at the University of New Hampshire, while Carly moved south to take the field at the University of Florida. They won three consecutive WPIAL titles and a state championship at SA.

■ Academy lacrosse star Scott Fetterolf chose Ohio State University to continue his playing career. His father, Scott Sr., was an All-American lacrosse player at SA.

The girls' lacrosse team also featured a Division I signee from SA, Marisa Lozano. The Lady Quakers' star chose Penn State University.

April

■ Quaker Valley's Joe Fogel was named to the Western Pennsylvania Baseball Prospect's Highest Honor Roll with a 4.18 grade point average and a score of 1200 on the SAT. Fogel was a catcher and short stop for the Quakers on the diamond.

■ The Academy edges QV in boys'

Continued on Page 22

SPORTS IN REVIEW

Sewickley teams make title runs during 2005

Continued from Page 21

tennis, 4-1, as Trevor Heck and Matt Kaye won singles matches, while Matt Hoch and Jeff Mozur and Benji Greenberger and Vik Sunder earned doubles victories. Alex Sinu earned the lone victory for QV at first singles.

Sinu would win the WPIAL singles title, defeating SA's Evan Stiegal in the finals.

May

■ Quaker Valley girls' track and field brought home seven gold medals at the MAC Championships, led by Claire Shorall with four in relays, distance events and triple jump.

■ The Quakers' baseball team earned a playoff berth after winning a doubleheader over South Side Beaver and Sewickley Academy. It was the first playoff appearance for QV since 1987. They would bow out in the quarterfinals to Riverside, 15-0, finishing the year 13-9.

■ Sewickley Academy stuns QV in boys' lacrosse, scoring 17 goals en



RYANN BRADFORD helped QV to a 27-3 record in '05.

■ Quaker Valley's Rick Houghton and Paul Piccolo won the WPIAL AA doubles title over SA's Matt Hoch and Jeff Mozur, 6-1, 6-3. The Academy's Matt Kaye and Vik Sunder earned third place.

■ The girls' track team at Quaker Valley won the WPIAL track and field championship, defeating Burrell and Beaver. It was the fourth title in five years for QV.

■ Jasmine Rogers, a QV graduate, earned three gold medals and broke two school records at the MAC Outdoor Track and Field Championships as a member of the Manhattan College team.

■ Lady Panthers lacrosse advanced to the WPSLA semifinals, but lost to Peters Township. The boys' team dropped a heartbreaker to Shady Side Academy in the second round.

June

■ Brandon Robinson, a lineman on the QV football team played in the Penn/Ohio game, one of the top games for senior recruits in the tri-state area.

■ Sewickley Academy's Evan Stiegal, earned a PIAA bronze medal in boys' tennis. He led the Panthers to a PIAA team silver and WPIAL gold.

■ Maggie Sutherland of Sewickley Academy took third place in the PIAA track and field championships in the high jump. Kenny Burgess finished 10th in the two-mile run, and Burgess, James Hilliard, Matt Solter and Ryan Hofmeister took 17th in the 4x800 relay. Tom Reinmiller placed 19th in the 200-meter dash.

Representing QV was Amy Domingues, who finished in seventh in the 300-meter hurdles, and Claire Shorall, who ran a seventh place in the 800-meter event.

■ Sewickley resident Jim Fabian, 73, competed in the National Senior Olympics with the North Allegheny County Senior Softball team. He trained for the games by playing wallyball at the Sewickley Valley YMCA.

*Check out next week's edition of the Sewickley Herald for the second part of the year in sports feature.

GAME OF THE WEEK

Panthers fall to 0-2 in section after OLSH loss

By Bill Hartlep

Sports editor

Sewickley Academy and Our Lady of Sacred Heart are both expected to challenge for the Section 1A title this season, but OLSH got a leg up on the foe last week with a 67-53 victory.

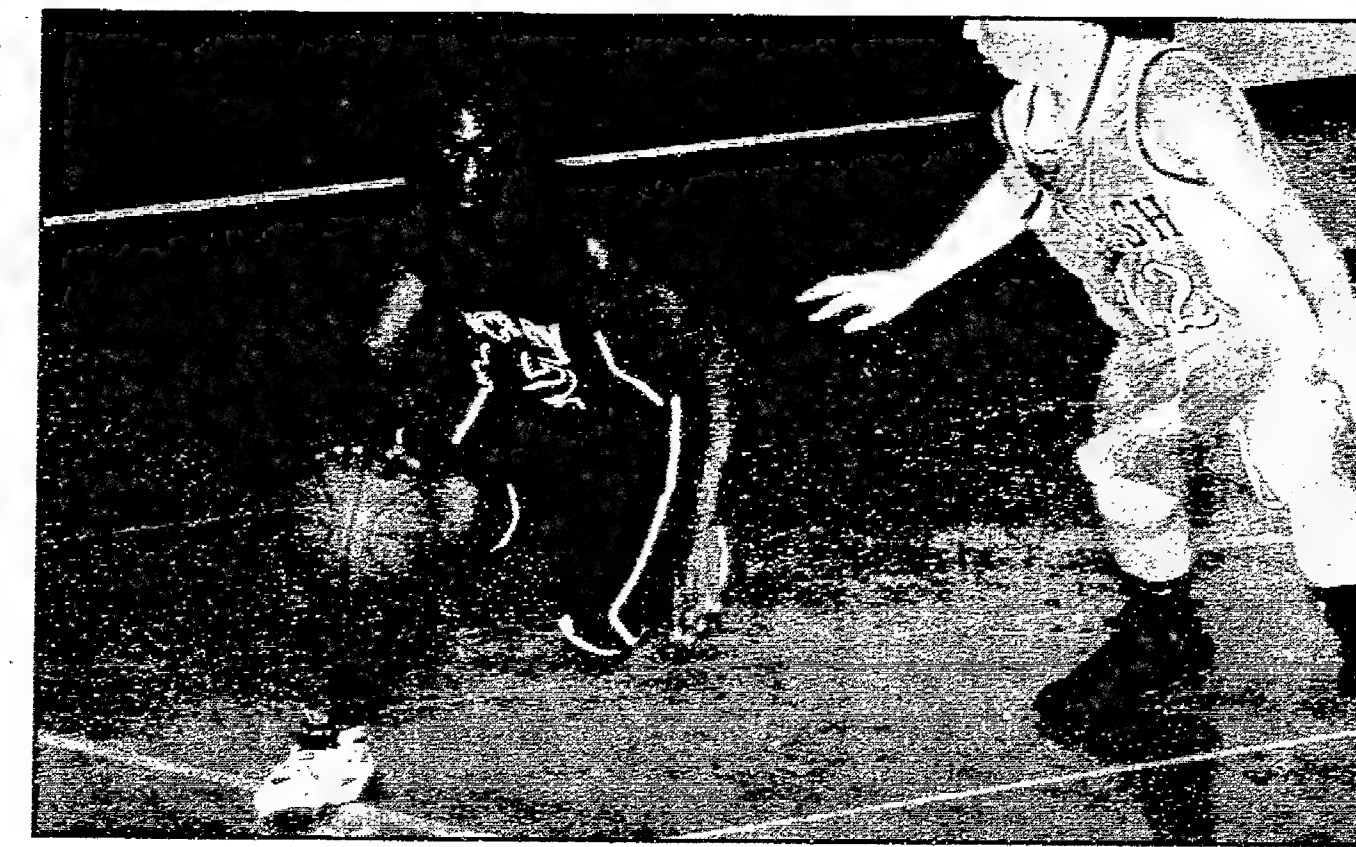
The Chargers used a stingy man-to-man defense and hot outside shooting to take an early season lead atop the section.

"We finally played a complete game for the first time this year," said OLSH coach Jason Bumbilis.

Junior Matt Metcalf and senior Eric Chimenti started quick in the first half for OLSH, finding each other in the lane and around the perimeter. Metcalf, averaging more than 20 points per game this season, had 12 points at the half, while Chimenti gathered eight points to go with five assists.

The Panthers struggled to score and get open shots against the OLSH defense. Sharpshooting senior Matt Palmer was held to 0-for-5 shooting in the half, scoring just two points on free throws. He would finish with 11 points.

OLSH led at the half 36-18. Sewickley got within 12 points in the second half, but OLSH pulled away.



SEWICKLEY ACADEMY junior Mike Jackson (2) scored 12 points and had seven rebounds against OLSH.

Photo by Tim Edmonson

Sewickley's strategy to work the inside game in the second half proved to be more rewarding as senior forward Luke Brocks powered in 15 points and pulled down 11 rebounds against the smaller OLSH lineup.

The muscle inside wouldn't be enough as the Chargers continued hot outside shooting, led by Metcalf and senior guard Adam Scheletsky,

who finished with 16 points.

Metcalf led OLSH with 27 points and 15 rebounds on 10-of-16 shooting.

"We think that we have one of the best one-two punches," Bumbilis said. "Matt - there might not be a better scorer in the section, and Scheletsky has been averaging 13-14 points per game."

Chimenti also contributed to the

stat sheet, finishing with 16 points, 11 assists and four rebounds.

It was the OLSH defense that impressed Bumbilis most, however, as the team gave up just 18 points in the first half. The Chargers were giving up 18 in some quarters.

"We've been playing horrible defense lately, giving up more than 80 points the last few games," Bumbilis said. "We wanted to come out and send a message that we can still play defense like we used to. We accomplished what we wanted to do defensively."

Sewickley coach Win Palmer wasn't as happy with how his team played, but offered them suggestions on how to improve.

"We're erratic right now. Attention to detail is not a strength of ours. Until it becomes a strength, we're not going to be the kind of team we want to be," Palmer said.

"(We need to) establish a team identity. I'm not sure we have one. What we should be is an aggressive, ball-hawking defense that takes charges and rebounds. But right now, we don't take charges well and we don't rebound well."

Sewickley Academy dropped to 1-5, 0-2 with the loss, while OLSH improved to 3-5, 2-0.

QV drops close one to defending AAA champion Moon

By Bill Hartlep

Sports editor

The matchup featured one of the top teams in Class AAA against one of the top teams in AA, and the action lived up to the pedigree of both teams.

BOYS BASKETBALL

For 32 minutes, Moon Area and Quaker Valley traded leads in front of a packed house in Leetsdale, but the Tigers would take the lead for good following a technical foul with less than two minutes remaining in the contest.

With QV ahead 57-56 late in the fourth quarter, Quakers' senior Ryan Courneen committed a personal foul and was hit with a technical foul after questioning the referee. Moon sophomore Brian Walsh stepped to the line and hit both free throws to put the Tigers ahead 58-57.

Moon Area then inbounded the ball and scored on senior Tyler Hersperger's lay-in to pull ahead by three points. Quaker Valley tried to

"We're going to learn from this. Losing to a really good team early isn't necessarily a terrible thing."

QV coach Tom Demko

mount an offensive counter, but leading scorer Amir Johnson, a senior, fouled out in the final minute, finishing the game with 28 points, seven rebounds and five assists.

From that point, the Walsh brothers, Brian and Dan, would take over at the charity stripe. The two iced the game, combining to shoot 8-of-11 at the line in the final minute.

The Tigers went on to win the contest 71-63, improving their record to 7-1 overall. Quaker Valley fell to 6-1 on the year, suffering its first defeat.

"It was a team effort. We had different guys step up. We played 9-10 guys and they all contributed," said Moon coach Jeff Ackermann.

"We feel we can be competitive in every game. We have size. We have depth and good guards. We're just going to take it one game at a time."

with 27 points and nine rebounds. Dan Walsh added 16 points and six assists, while Hersperger offered 12 points. All three have averaged double figures in scoring this season.

Quaker Valley was led by Johnson, who found out after 'he game that he had broken his hand sometime in the first half. He will miss 3-4 weeks, which includes six section games.

"He had a good game," said QV coach Tom Demko. "He gives us a lot of points. We need him on the floor. He keeps us in games. We have to find ways to win."

Senior Ryann Bradford added 22 points, 11 rebounds and five blocks for QV, including two thunderous dunks.

"It was a disappointing loss. They're a tough team to match up with. We felt pretty good going into the game. They're a good team so I'm not totally disappointed on the outcome."

Demko said.

"We're going to learn from this. Losing to a really good team early isn't necessarily a terrible thing."

Demko scheduled the Class AAA favorite to help his team gain experience against a top-notch squad. The Quakers also defeated AAA powerhouse Hopewell earlier this season, 89-74.

"(Those games) make us stronger," he said. "We're preparing for the playoffs. The stronger teams that we face, it's going to develop us better and make us stronger. We're going to face strong teams in the playoffs and we have to know how to defend teams that are strong. Hopewell and Moon are two different teams and we did well against both of them."

"In later action last week, Quaker Valley dropped its first section contest to South Fayette, 54-52, on a last second put-back.

Bradford led the Quakers with 17 points in Johnson's absence. Johnson was averaging 30.9 points per game before the injury. Quaker Valley's record is 6-2, 1-1.

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Home values have been rising, and while some homeowners have been able to capitalize, others are suffering from "sticker shock" when they see their property tax bill.

When In Doubt...



Betty Moraca
ABR, CRS, CRES, GRI

Property tax - the biggest source of income for most local governments - is the biggest expense for most homeowners outside of mortgage payments. Lenders may keep a portion of your payments in escrow to pay those taxes on behalf, so you might not be aware of the impact. However, you should be aware of how your tax is determined, and whether it's accurate.

Because there are various ways to calculate property tax, errors can sneak in. The National Taxpayers Union claims that up to sixty percent of property may be over-assessed, but only one in fifty owners ever challenge their appraisal.

It's wise to confirm the date upon which the tax is based, like your home's square footage and number of bedrooms. Make an appointment or check online with the assessment office. You can check your property card, compare your neighbor's cards, and get an explanation of how your home's value is calculated.

A good place to start is with the National Taxpayers Union (www.ntu.org) booklet on fighting property taxes. Then it should just take a few hours to figure out if you have a case for reassessment. It's time well spent if you have any doubts.

Betty Moraca is a sales associate for Howard Hanna Real Estate Services, 401 Broad Street, Sewickley. For answers to your questions about real estate, call Betty at 741-2200 Ext. 222. The Dozen's National Sales Award, Relocation Specialist, Member Pennsylvania Association of Realtors, Realtors Association of Pittsburgh, West Penn Multi-List.

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Welcome home to a feeling of warmth and hospitality that only an historic home can provide!

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This home was built with impeccable attention to every detail.

The entrance hall features wood floors and an antique-style lighting fixture. Unfolding from the hall is the living room, with wood floors and decorative fireplace with antique mantel.

The dining room is large enough to meet all of your entertaining needs. This elegant room also features wood floors.

The completely remodeled eat-in kitchen, located off the dining room, will provide even the most reticent cook with an enjoyable spot to prepare meals.

Complete with wood floors, maple cabinetry, Corian-style countertops, refrigerator, double-bowl stainless sink, disposal, gas range, microwave, large pantry and a wonderful eat-in area, the kitchen offers plenty of space.

The back deck opens off the kitchen and offers the perfect spot for enjoying warm-weather meals.

Completing the main level are the powder room with wood floors, scone



lighting and pedestal sink and a convenient coat closet.

On the second level, the owners' bedroom provides the perfect retreat. Amenities include wood floors, ceiling fan/light, plantation-style blinds, built-in bookcase and large closet.

The second bedroom is used as a fam-

ily room and features wood floors, double closets, built-in bookcase, blinds and ceiling fan/light. The third bedroom also features wood floors, a ceiling light, blinds and glass-front bookcase.

The large, completely remodeled hall bathroom services these bedrooms and features an antique-style ceramic tile floor, white double bowl vanity with ceramic sinks and chrome fixtures, large custom ceramic shower with rimless glass enclosure, mirrored, cottage-style medicine cabinets, sconce lighting and plantation-style blind.

The third level has its own heating and cooling systems.

The fourth bedroom features wood floors, huge double closets, ceiling light and shades. The fifth bedroom also features wood floors, ceiling light and skylight.

A new hall bathroom services these bedrooms, with wood floors, Victorian-style soaking tub, pedestal sink and storage cabinets.

The lower level is home to the laundry area, a partial bath and ample storage.

The home is located in the heart of Sewickley Village.

For more information, call Kathe Barge at Howard Hanna Real Estate at 412-741-2200, Ext. 238.

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Inspired by previous Southern colonials, this tastefully maintained and beautifully remodeled custom built home offers the finest of construction in the highly desirable Diamond Run golf community and the most spectacular views of the course. Constructed with impeccable attention to every detail, the ideal floor plan unfolds off of the center hall and provides impressively spacious rooms throughout. Every amenity is here for your enjoyment, from the large gourmet kitchen opening to the two-story great room with fireplace to the convenience of the main level laundry, the spacious owner's retreat with large walk-in closet and spa bath with steam tub and the walk-out lower level. Call Kathe to see it today!

\$675,000



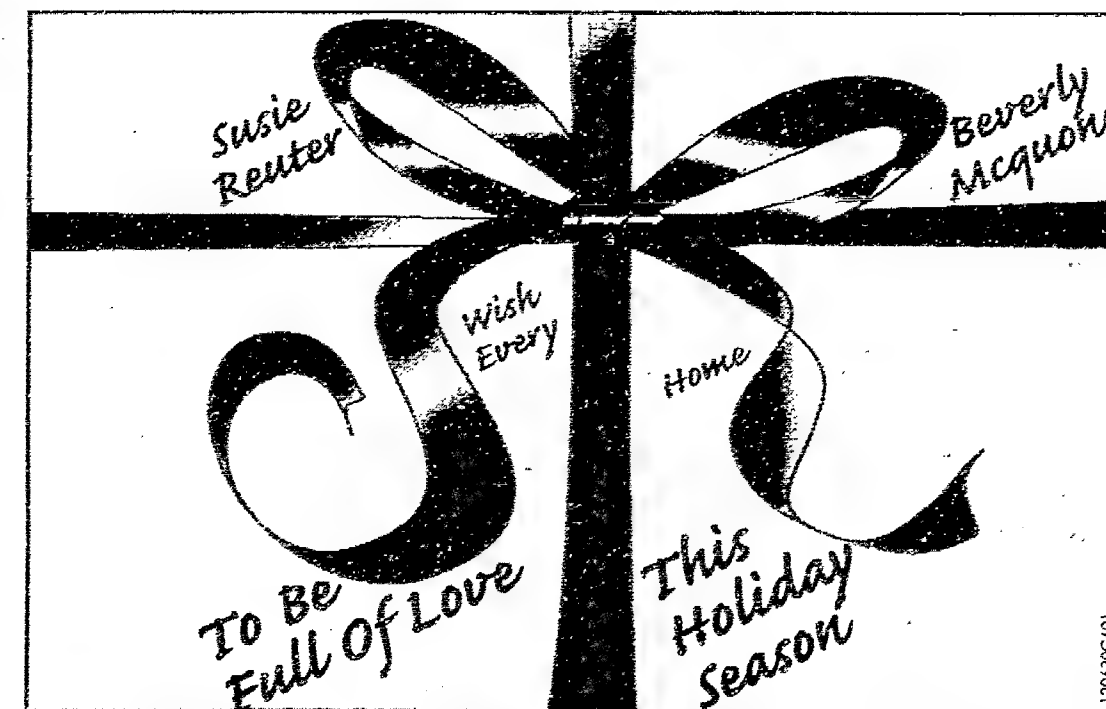
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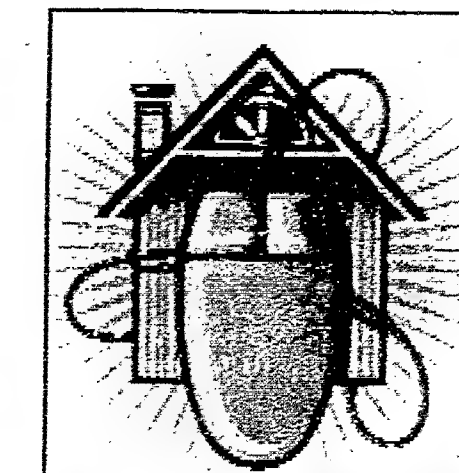


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Solid, all brick, split level Colonial in Bell Acres. Hardwood floors throughout in nice condition. Entry leads to a spacious living room and formal dining room. Equipped kitchen. Three bedrooms and two full bathrooms. Finished, huge lower level game room plus a two-car garage. Very nicely maintained and sited on a well groomed lot. A wonderful opportunity to enjoy the country space plus quick access to all the routes.
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EDGEWORTH DUTCH COLONIAL
Exquisite detail in this beautifully restored Dutch Colonial. Formal entry with open stairway. Great living room with fireplace and beautifully windowed bay, huge dining room with side porch, new kitchen with stainless steel appliances and adjacent den with full bath. Three bedrooms and new bathroom on the second level including the master bedroom with fireplace and secreted balcony. New lower level bathroom, den, computer room and game room. Gleaming refinished hardwood floors and finely decorated interior. New roof, great private garden and two-car garage. A true jewel.
Kay Caravaggio 412-741-2200 \$449,000

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Kathe Barge 412-741-2200 \$675,000

Betty Moraca 412-741-2200 \$2,500,000

SEWICKLEY HEIGHTS ESTATE
Nestled away in a magnificent setting on 23 plus acres in Sewickley Heights, this spectacular stone mansion sets the pace for today's lifestyles. Grand, bright and airy living spaces include the formal living room with fireplace, dining room with access to outside entertaining, and gourmet kitchen with breakfast area adjacent to the inviting family room with a fireplace. Main level with 8x2 bedrooms. Game rooms, exercise room, guest suites and four car garage. A magnificent home embracing every amenity for today's lifestyles.
Betty Moraca 412-741-2200 \$3,600,000

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MARKET WATCH

Who's buying, who's selling around town

Glenfield

Estate of Robert Dugan sold property at 396 Kilbuck St. to Jennifer Lynn Crawford for \$64,890.

Leet

Household Finance Consumer Discount Co. sold property at 71



Ambridge Ave. to Ethan and Christina Leeman for \$44,000.

Leetsdale

Estate of Bernice Charlton sold property at 678 Beaver St. to David and Roberta Graham for \$103,000.

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LEETSDALE
Make an appointment to see this beautiful quality built home which offers a new kitchen with granite counters, newer windows and an open floor plan. There are 3 bedrooms including a first floor master bedroom and bath. The large living room features a gas log fireplace. Great front porch and patio. Detached garage. Very convenient location.
\$159,000

EDGEWORTH
Charming turn-of-the-century carriage house in prime Edgeworth location. This exceptional home offers a beautiful gourmet eat-in kitchen with an adjoining family room. The spacious living room features a log burning fireplace to enjoy on cold winter evenings. There are 4 bedrooms and 4 full baths. Gleaming hardwood floors throughout. Fabulous woodland views. Call for more information or to schedule an appointment.
\$765,000

BELL ACRES
This beautifully maintained home is loaded with amenities and offers a wonderful location only minutes from Sewickley Village. This fine home features a spacious living room with a fireplace, formal dining room, updated well-equipped kitchen and family room with fireplace. There are 4 bedrooms and 2.5 baths. Beautiful pegged hardwood floors. First floor laundry. Large deck overlooks peaceful woods. 2 car garage and much more. Call for appointment.
\$475,000

SEWICKLEY HEIGHTS
Exceptional Colonial style home featuring many wonderful amenities is situated on 5+ magnificent acres only minutes from Village shops. There is a spacious living room with a spectacular fireplace, built-ins and access to the sunroom and terrace. Handsome formal dining room boasts historic murals, a decorative fireplace, large windows and window seats. The well-equipped kitchen offers a sunny breakfast area. There are 5 bedrooms and 6.5 baths including a master suite with a sitting room. Finished third floor with game room and abundant storage. Call for appointment.
\$1,500,000

Season's Greetings
The love and support of family and friends bring warmth and comfort to hearth and home. The festivity of gatherings and celebrations add beauty and wonder to the holiday season. These good things, and so much more, are what we wish you and yours today, tomorrow and always.
Happy Holidays
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SEWICKLEY
A "rare find" in the Village of Sewickley. This handsome Colonial style home offers spacious rooms, hardwood floors, neutral carpeting and abundant light. Three floors of living space. Pretty covered front porch and integral garage. Conveniently located with easy access to shopping, restaurants and transportation. Loaded with amenities. Call for additional details or to arrange and appointment.
\$565,000

SEWICKLEY HEIGHTS
This exceptional home is situated on 7+ acres just minutes from Sewickley Village. Features of this wonderful home include a spacious living room, formal dining room, well-equipped eat-in kitchen with new appliances, family room and den. Cathedral ceilings are featured in the living room, family room and first floor master suite. The second floor offers 3 additional bedrooms and there are 4 full baths. Large, lower level game room. Beautiful wooded lot. Call for more information or to make an appointment.
\$925,000

SEWICKLEY
This well located brick Victorian home offers 5 bedrooms and 2 full baths. The spacious first floor features a large living room with a gas log fireplace, formal dining room and equipped kitchen. There is a full length covered front porch. Level lot. East access to shopping, schools and transportation.
\$269,000

LEET TOWNSHIP
Located in "Old Sewickley Highlands", this handsome brick Colonial is only minutes from Sewickley Village. Features of this fine home include a spacious living room with an inviting fireplace, formal dining room, an updated kitchen with breakfast area, a family room with a fireplace and a den on the first floor. The lower level provides a game room and office area. There are 4 bedrooms and 2.5 baths. Very large and well landscaped lot. 3 car garage and rear patio. Beautiful area.
\$495,000

SEWICKLEY REAL ESTATE

DESIGN OF THE WEEK

Bismarck plan brings nature into vacation retreat

A hexagonal great room is at the core of the Bismarck, a vacation home designed to take full advantage of a panoramic view to the rear.

Families who enjoy staying in touch with nature will appreciate this plan.

Its rustic styling blends naturally into the landscape, whether constructed in a forest, at a canyon's edge or by a river, lake or seashore. Built as a vacation rental, it would surely be in high demand.

Log posts and beams support a dramatic covered porch that frames a French door entry.

At the rear, this wide open great room is more window than wall, with a view out across the wrap-around deck, into the great beyond. The central portion of the deck is covered. Log posts and beams, similar to those in front, provide support.

A long eating bar is all that separates the great room from the large



kitchen. A central work island, added to already generous counter space, provides plenty of elbow room for multiple cooks working together to feed a

crowd.

Off in a wing of its own, the Bismarck's master suite is well isolated from the other bedrooms. Its pri-

vate bathroom, located between the great room and the sleeping area, provides additional sound buffering. It should be quiet enough to sleep here, even when other family members choose to stay up late.

The bunkroom has two sets of bunk beds, allowing family members to invite friends for overnights. Bedroom two could be similarly outfitted, or furnished more conventionally.

For a review plan, including scaled floor plans, elevations, section and artist's conception, send \$25 to Associated Designs, 1100 Jacobs Dr., Dept. W, Eugene, OR 97402.

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Know The Full Story

A market can be a scary place if you're either an expert or you know very little about it. Among those who don't know the stock market, read on for the full story.

What is the stock market? It is a place where stockholders buy and sell shares of stock. There are three exchanges in the United States: the New York Stock Exchange, the National Association of Securities Dealers Automated Quotations and the American Stock Exchange. The exchanges have different requirements for each company in relation to its size, profits and number of employees that allow it to have its stock traded on that particular exchange.

How does the stock market work? Stockbrokers are responsible for the actual trades. It is their job to get dealers and investors together. When a dealer hears of a stock order with a good price, they buy it through their agent and place the stock into their inventory. Brokers then sell stocks from their inventories to investors.

What determines the price of stocks? Demand determines the price. Stock prices go up when a company's profits increase or investors think its profits will increase. Stock prices fall when a company's profits decrease or investors think its profits will decrease. There are many factors that can affect stock prices. After trading has ended, the closing price is the price at which the stock closed. The closing price is the price at which the stock closed. The closing price is the price at which the stock closed.

What is the best way to invest in the stock market? To make money in the stock market, you need to have a long-term perspective. Don't expect overnight riches. Past performance does not guarantee future results. A company that has a good track record in the past may not do as well in the future. The stock market is not a sure thing. It is a place where you can make money, but you can also lose money. Do your research and make informed decisions. The stock market is not a place where you can get rich quick. It is a place where you can make money, but you can also lose money. Do your research and make informed decisions. The stock market is not a place where you can get rich quick. It is a place where you can make money, but you can also lose money. Do your research and make informed decisions.

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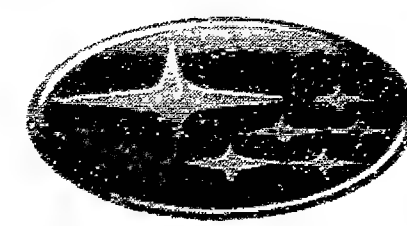
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INSIDE

- Self-care for women
- Making a first aid kit
- Good luck peas

PEOPLE: The Balzer family restores vintage timepieces

Ask American Profile

Q Can you tell me if Anthony LaPaglia from *Without a Trace* and Jonathan LaPaglia from *The District* are brothers?

—Sue Stevenson, Howell, Mich.

Yes indeed. Anthony, 47, is the oldest of three brothers, and Jonathan, 36, is the youngest. Born in Adelaide, Australia, Anthony, usually cast as a New York "tough guy," has been a successful actor since the late 1980s. Jonathan followed suit in the mid-90s.



Anthony LaPaglia: a likeable "tough guy"

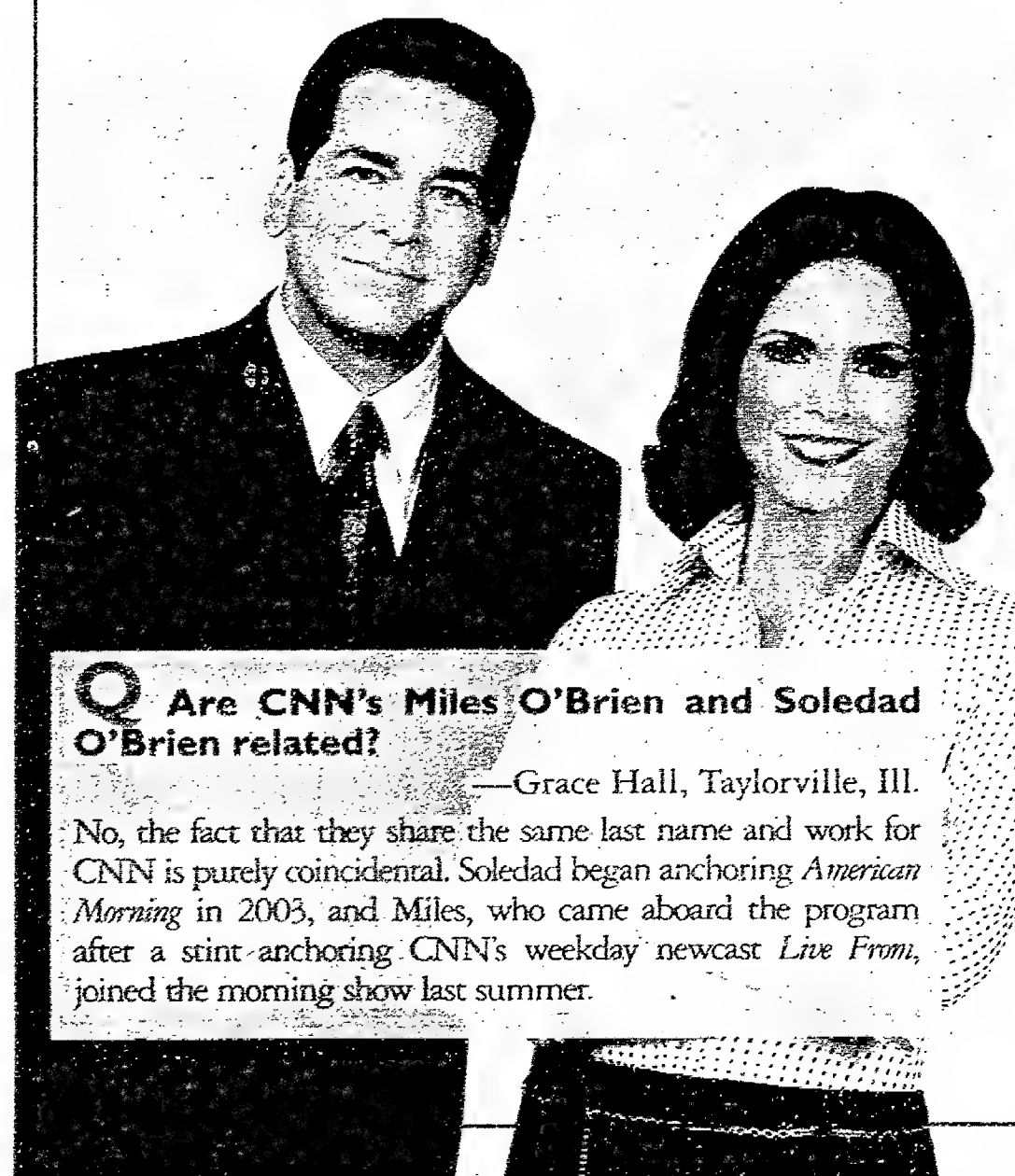
Q What is racer Shirley Muldowney doing these days?

—Sally Pratt, Jamestown, Ind.

Drag racing superstar Muldowney, who in 1965 became the first woman licensed by the National Hot Rod Association, officially retired in 2003, but she still attends some NHRA racing events, serving as a sponsor rep for one of the cars on the Kalitta Motorsports team. "I spend a lot of time with the fans at the track," says Muldowney, 65, who was portrayed by actress Bonnie Bedelia in the 1983 movie *Heart Like a Wheel*. She's also there to support her husband, Rahn Tobler, a racing crew chief. "I miss driving, but I don't miss the travel. I have pets that I'm very close with, and I'm always in a hurry to get back to my babies." Muldowney, who resides near Ann Arbor, Mich., paved the way for all women racers and says she is very proud of winning four world championships, but most proud of winning the U.S. Nationals in 1982. "I won Indy, and if a racer doesn't have Indy as one of their credits, they still haven't done it."



Muldowney is still on track.



Q Are CNN's Miles O'Brien and Soledad O'Brien related?

—Grace Hall, Taylorville, Ill.

No, the fact that they share the same last name and work for CNN is purely coincidental. Soledad began anchoring *American Morning* in 2003, and Miles, who came aboard the program after a stint anchoring CNN's weekday newscast *Live From*, joined the morning show last summer.

Q What can you tell us about the life and career of Floyd Cramer?

—Harvey and Tere Hutchings, Tolarosa, N.M.

One of the most popular and distinctive piano players of all time, Cramer was born Oct. 27, 1933, in Campai, La. (pop. 1,057). After a stint as a performer on *The Louisiana Hayride*, the live radio show based in Shreveport, La., he moved to Nashville, Tenn., in 1955 and soon was in high demand for recording sessions. Cramer perfected a melancholy, "slip note" style of piano playing, sliding up to a note from the one beneath it, which became his trademark on numerous country hits of the 1950s and '60s, and most notably on his own hit single, "Last Date," in 1960. He died of cancer on Dec. 31, 1997.

Q Years ago, there was a comedian, Gene Sheldon, who played the banjo and also starred on the TV series *Zorro* as a deaf mute. His banjo playing was superior, and I would like to know if he ever made any records? Whatever happened to him?

—Ronald Diven, Kansas City, Mo.

Born Eugene Hume in Columbus, Ohio, in 1908, Sheldon often was believed to be mute, but it was only part of his act. The son of a magician, he began his career as his father's assistant, dressed as a girl, where he learned how to mime. After vaudeville and radiocasts, he—and his banjo—broke into films in the 1930s, where he often portrayed circus characters. But in 1957, the *Zorro* television series, in which he played the role of Bernardo, forged his fame. Sheldon's output as a recording artist was sparse and is hard to track down today; musicologists agree that he recorded and released at least two songs, "Darktown Strutter's Ball" and "Hey! Mr. Banjo." He died May 1, 1982.



Actor Gene Sheldon

* Cover photo by Media Bakery

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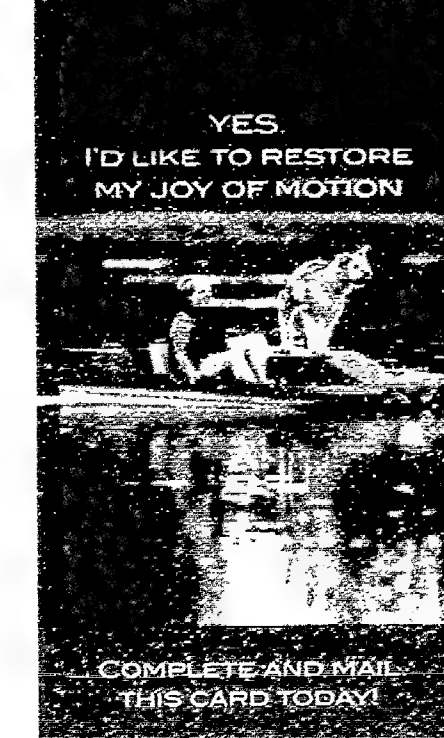
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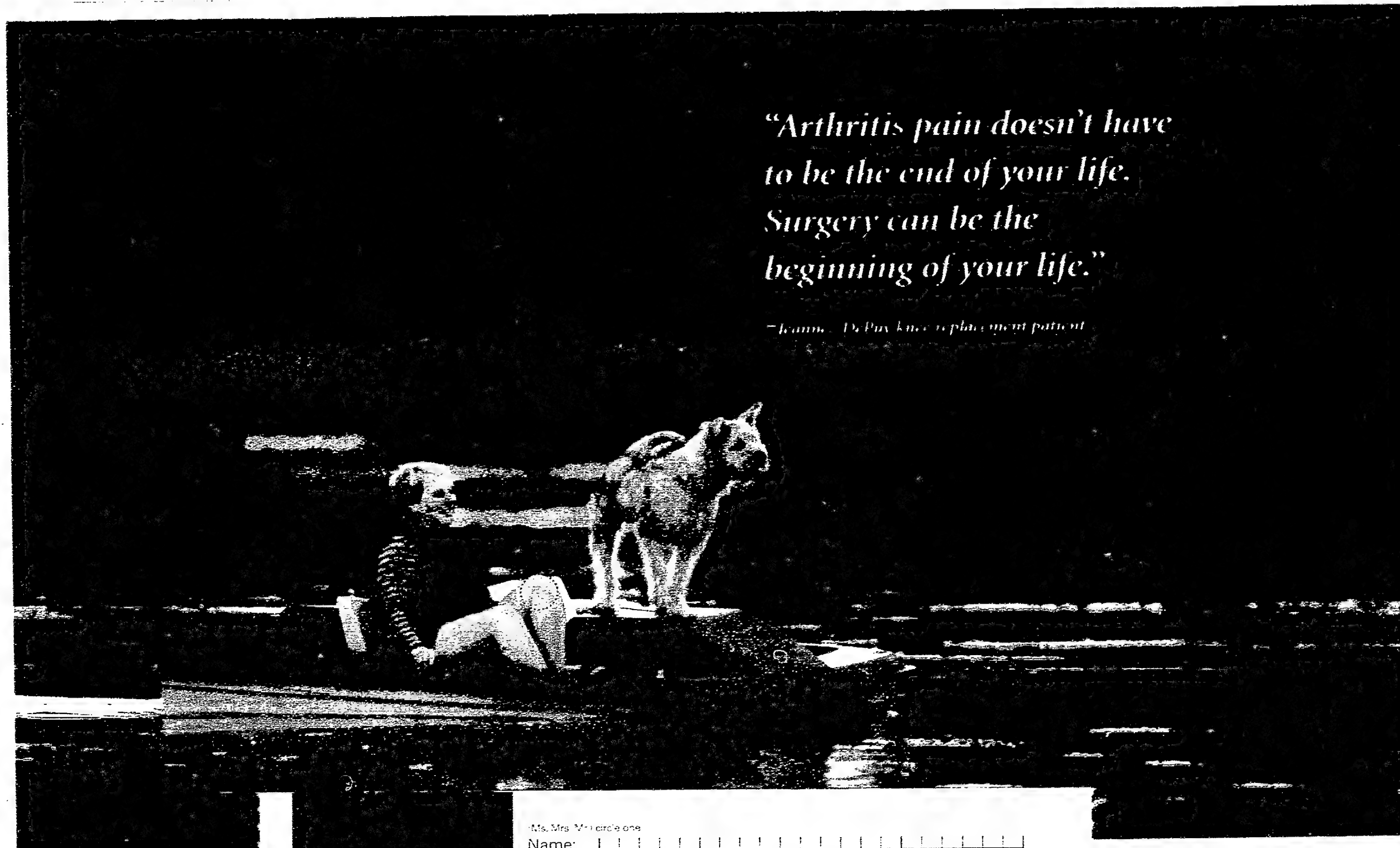


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Self-Care for Women

Women wear many hats as mothers, daughters, sisters, friends, students and workers. More than 59 percent of America's women are in the labor force, according to the U.S. Bureau of Labor Statistics. Women juggle careers and family activities as they scurry from their offices to PTA meetings and church suppers.

While they have little time to spare, it's important for women to recharge their batteries and nurture themselves emotionally, physically, spiritually and mentally.

Dr. Eve A. Wood, author of *Medicine, Mind and Meaning: A Psychiatrist's Guide to Treating the Body, Mind and Spirit*, cites studies showing less depression, anxiety and illnesses, such as heart disease, in women who exercise regularly, eat right, get sufficient sleep and find satisfaction in their work and personal lives.

Several ideas follow to spark your thinking. Hop on the self-care bandwagon and discover ideas that ring true for you.

Boost vim and vigor

Get your zzz's, nourishing food and regular exercise. Good hygiene, neat attire and a smile enhance your looks and mood.

Pamper your health

A dental checkup, well-woman examination and prompt attention to medical conditions reap big rewards.

Treat yourself with respect and compassion

Don't listen to negative people or critical messages. If you need to lose or gain weight, ask for help from friends, family or a nutritionist. If you're struck in self-destructive behaviors, don't get down on yourself. Consult caring clergy or a therapist and attend a 12-step program.

"There's always help; there's always hope," Wood says. "If one method doesn't work, keep on searching."

The longest journey starts with one small step. Be willing to head in a new direction and do something a little differently.



Time out for fun

Watch a favorite movie, play with a pet or create a scrapbook of fun-filled memories. When you laugh heartily, it triggers endorphins, a substance in your brain that creates a sense of ease.

"When I'm out kayaking, I can let go of everyday concerns," says Mary Anne Civiok of Beulah, Mich. "Out on the lake I reconnect with my creative mind. I come up with new ideas, as well as get great exercise. Kayaking also provides me with a very spiritual time."

Expand your mind

Experts agree that stretching your mind and mental capacities slows aging. Learn to paint, play the piano or speak a foreign language. Take an investment or financial planning course. Financial independence increases peace of mind. Go on a weekend getaway or spontaneously take a new route home. A change of scene can spice things up.

Spend quality time with a friend

Attentive listening enriches relationships and adds joy to life. "Humans, by their very nature, are social beings," says Dr. Bernie S. Siegel, author of *101 Exercises for the Soul: A Divine Workout Plan for Body, Mind and Spirit*. "They need support and interactions with other people on their journey through life."

Don't expect to be a superwoman

Say no to perfectionism, criticism, procrastination, petty grievances and gossip. Do chores promptly and appreciate progress. Know when to say "no" to extra jobs and relegate responsibilities.

Get organized

Simplify home, office and personal life to create more time for yourself. Set priorities and attack cluttered schedules and spaces.

Communicate your thoughts

When you express your needs, wants, values and boundaries clearly, it saves time and energy and makes you feel good about yourself.

Reserve time for simple pleasures

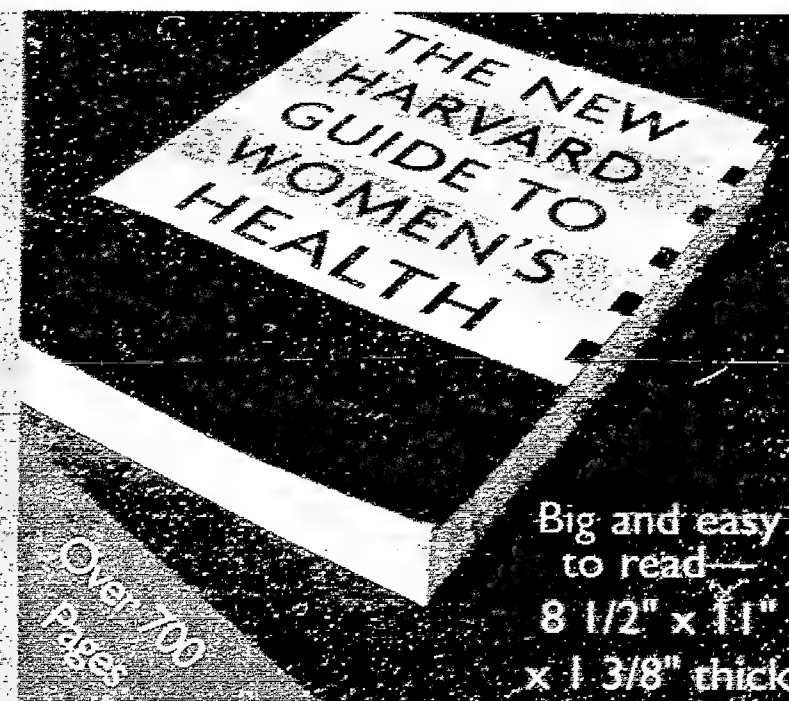
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Nancy Andres is a freelance writer in Tucson, Ariz.

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Cover Story

Our 5th annual
account of
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Americans
doing good deeds
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Acts of Kindness

By MARTA W. ALDRICH



Pat Daniels of Bridgeport, W.Va., buys bikes for kids.

American Profile received more than 70 letters from readers this year describing the generous acts of friends, neighbors, family members and anonymous individuals who helped stranded motorists, collected money for charity and lent a helping hand to someone in need. Below are the stories of a few people whose thoughtful and selfless acts restore one's faith in humanity.

Christmas bicycles

Pat Daniels, 51, believes every little boy should have a new bicycle at least once in his life. "All kids, really, but especially boys," says the mother of three boys herself. "It's a boy thing."

A special-education teacher's aide in Bridgeport, W.Va., Daniels has anonymously given a new bike to an unsuspecting child each Christmas for 25 years (except for one year when, as a divorced mother, she just didn't have the money.)

She was 25 and a social worker for the state when she bought her first Christmas bike for a needy youngster. Hooked by the gift of giving, she continued each year to seek out an 8- to 10-year-old boy who would appreciate a new bike.

"Every year, I find someone, and it just happens," says Daniels, who works with the recipient's parents or guardians to make the delivery. "I never see the child get the bike. I let their parents decide whether it's from Santa or whatever they think best."

Selfless class act

Since seventh grade, the Class of 2005 at Lima High School had organized bake sales, spaghetti dinners, car washes and cake raffles to raise money for its senior class trip. Living in the small mountainous town of Lima, Mont., the kids dreamed of traveling to the Pacific Coast to see the ocean. But upon learning a beloved teacher was diagnosed with advanced cancer, the eight-member senior class made a quick and unanimous decision last December—to forego the trip and give their \$5,000 savings toward Karla McGraw's medical expenses.

"It was something they decided on their own," says McGraw, who had taught many of the students since the first grade. "I was so humbled, and it just blew this community away. The next day at school, the teachers couldn't even look at each other without crying."

The story did not end there. When The Associated Press ran a story nationwide about the selfless class act, checks poured in from readers wanting to resurrect the trip plans. In all, \$10,000 was donated to the teens and, in March, they traveled to Seaside, Ore., for an adventure of a lifetime. Leftover trip money went to McGraw's medical fund and, after months of treatments, she returned to her teaching job in September.

"Even though the kids have moved on with their own lives, they will always be remembered around our small town as heroes," says Dianna Slater, the school's secretary.

Cuts of kindness

Trish Dacanay understands the power of a good haircut. "It just makes you feel good about yourself when you know your hair looks good," says Dacanay, a barber in Tulsa, Okla., for 27 years.

For the last five years, she has volunteered her day off to give free haircuts to low-income children in her neighborhood who attend Kendall-Whittier Elementary School. She gives about 20 haircuts each Monday.

"I'm a single mom, and I've been there," she says. "I know that sometimes you choose between food or new shoes or a haircut. This just helps take some pressure off of some families."

Why does she do it? "I don't really know," she says. "God blesses me. I love when the kids look in the mirror and say 'Tight!' That means it's good."

Good medicine

It had been a bad day for Amy Shinn. The Hoschton, Ga., mother had been up all night with her 3-year-old daughter, who was miserable with a high fever and body rash. The doctor diagnosed scarlet fever and wrote several prescriptions, including one for an expensive antibiotic.

"We were really tight on money that week," recalls Shinn, who had missed two workdays because of Taylor's illness.

Shinn spoke at length with her pharmacist, who said he'd try to get a reduced rate. "When I went back to pick up the prescription, he said it was free. I just stood there, shocked," she says. "He told me a gentleman in line had overheard us talking and just paid for my prescription in full."

Shinn began crying in the store and, even a year later, gets emotional recalling the act of kindness. "To this day, I don't know who it was. But I want to thank that person from the bottom of my heart," she says.

Winter warmth

It was Christmas 1984 and Norma Perez had just surprised her husband with a new jacket to replace the raggedy one he'd outgrown. The newlyweds didn't have much money, but as they drove their Ford Pinto home, they saw a homeless man walking the streets of Laredo, Texas. The temperature had dropped into the low 30s, and he was shivering.

Without hesitation, Tony Perez stopped the car, pulled off his new jacket and gave it to the stranger. "Tony gently patted him Barber Trish Dacanay gives kids free haircuts."



American Profile • Page 7



Jacob Soncarty, 8, made a birthday special for a new-found friend in Moscow, Idaho.

on the back as the man whispered, "Thank you," his wife recalls.

As the couple drove off, not a word was spoken but Tony wore a glowing smile while his wife's eyes brimmed with tears. "That day, I learned the true meaning of love as the Lord intended," says Norma of her husband, now a school bus driver, father of their four children and grandfather to two more. "To this day, he never ceases to amaze me. He sees things with his heart that others never notice."

Touched by a prayer

Traveling by plane for the first time, the five-member Stieneke family of Cherokee, Iowa, was landing at Chicago's O'Hare airport when their 10-year-old son became upset and began to sob loudly.

"He was inconsolable," recalls Elaine Stieneke of her son, who has expressive language disorder and waited for nearly 25 minutes once they reached the terminal.

Some passengers offered "advice," some sympathetic looks and others appeared disgusted and annoyed. However, one woman sat quietly watching, wiping away tears as she scribbled a note. She handed it to the flustered mom, who was too distraught to even acknowledge it.

Later on a connecting flight, Stieneke pulled out the note. It read: "I've been there—not this exact situation but close enough. I asked God to give you everything good that I was going to receive today. The very best to you."

"I cried like a baby when I read it," Stieneke says. "I was so overwhelmed by this message. It got me through that week and quite a few since then."

She keeps the crumpled paper tucked in

her journal to remind her "there are a lot of good people out there."

Caring letter carrier

Walking his daily 10-mile route in Las Cruces, N.M., mail carrier Dave Woodwell, 50, gets to know his customers face to face. "It doesn't take long to observe the habits of the neighborhood, both good and bad," he says.

And the needs of the neighbors, as well. So in his off hours, he visits customers in the hospital, carries in groceries for the ill, fixes mailboxes and even pulls weeds for the elderly. And he always has a listening ear.

"None of it is really that big or takes that much time. But when you add it all up, I guess it's a lot," he says. "It's just simple little things I can do that help me sleep easy at night."

A special birthday

Eight-year-old Jacob Soncarty loves a birthday party.

Celebrating his dad's 40th in May at a restaurant in Moscow, Idaho, he helped choose the cake, place the candles and sing the birthday song. But when the applause

Tell Us About Those Good Deeds

American Profile would like to hear stories about the generous, humane and compassionate acts that readers have experienced in the last year. Mail a brief letter describing the good deed, along with your full name, address and telephone number, to: Acts of Kindness, c/o American Profile, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067.

ended, a gentleman at the next table pointed to an elderly friend and said, "You can sing to her. Today is her birthday, too."

Jacob, who has Prader Willi Syndrome, a complex genetic disorder that causes learning disabilities, immediately gave the stranger a hug and a kiss. He wished her a "very happy birthday" and asked how old she was. "I am 92," she replied, "and this is the best hug and kiss I ever got for a birthday. And it's from a little boy I have never met before!" Jacob then shared birthday cake with his new friends.

"That's just Jacob," says his grandmother, Virginia Soncarty. "He made their day special and he also made his parents and grandparents very proud of him." ✧

Marta W. Aldrich is a writer in Franklin, Tenn.

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People **For Old Time's Sake**

by VIRGINIA WRIGHT

At the stroke of midnight on Dec. 31, historic tower clocks across the nation will ring in the New Year, thanks to the Balzer Family Clock Works of Freeport, Maine (pop. 7,800). Since 1985, Rick Balzer, with wife, Linda, and son, Chris, has restored more than 100 landmark timepieces whose enormous dials have cheered holiday revelers for more than a century.

The Balzers are among a handful of tower-clock restorers in North America and the only ones who custom-build large pendulum-regulated timepieces. Their restorations prod students at Harvard, Yale and Duke universities and pace workers in New York City, Grand Rapids, Mich., and Sapporo, Japan.

The Balzers' reputation is such that they need no sign on their workshop, tucked in their home on a quiet residential street in Freeport. A door at the rear of the garage opens to reveal dozens of small antique clocks awaiting repair. Several large clock mechanisms, each one a chest-high kinetic sculpture of brass wheels, steel shafts, pinions and levers, sit atop graceful curved iron frames.

"In these, you have longevity, beauty and education," says Rick, 58, pointing to the century-old clockworks which, he adds, embody the genius of pendulum clock designers Galileo and Christiaan Huygens, the persistence of chronometer inventor John Harrison, and the ingenuity of 19th-century clockmakers Edward Howard and Seth Thomas.

A former bank officer, Rick turned his hobby into a career in 1978. He worked strictly on small timepieces until 1985 when he restored a 128-year-old schoolhouse clock in Gray, Maine. Word of his expertise traveled.

"At that time, there were a lot of dead towers around," says Linda, 60, the shop's business manager.

The late 19th century launched the heyday of American clock tower construction. Large timepieces, symbols of new priorities in the Industrial Age, were mounted on churches, railroad stations, banks and city halls. After decades of neglect, the clocks typically were electrified, their pendulums and large gears amputated.

Rick rebuilds the superior mechanisms to



Kathryn, Chris, Linda and Rick Balzer pose below a schoolhouse clock in Gray, Maine. Rick restored the towering timepiece 20 years ago, giving birth to the family business.

their original condition, replicating parts on antique gear-cutting machines. Chris, 35, helps dismantle the clocks and lug pieces weighing as much as 150 pounds down winding stairways and into the family's station wagon for transport to Freeport. Restorations cost from \$13,000 to \$125,000, depending on the condition of each clock, which requires regular maintenance sometimes performed by Chris' wife, Kathryn.

When Rick and Chris reassemble a clock, they often place the beautiful and mesmerizing mechanism in a permanent display case on a lower floor. A rod extends to the clock face and moves the hands. "It changes the public attitude toward the timepiece if they can see it," Rick says. "It becomes an educational tool. And if it's in front of them, they take care of it. It's easy in subzero weather to talk yourself out of climbing an icy ladder into a tower."

The Balzers are "national treasures" for rescuing superbly crafted artifacts of American history, says Donald Saff, an authority on large timepieces and senior curator of the Guggenheim Museum in New York.

"Rick's understanding is from the fundamentals on up, and it's combined with an enthusiasm and energy that is always brought to the work," Saff says. "They are faithful to the originals, right down to the shape of the screw heads and surface finishes. There's a mission to what they do."

There isn't anybody else in the field who compares."

Sandy Selesky, building manager at Harvard University's Center for European Studies, agrees. Once a month, she dusts and oils Harvard's only remaining mechanized tower clock, a 1919 E. Howard refurbished by the Balzers six years ago.

"When I got this job, one of the things I was most excited about was being able to take care of the clock," she says, "and I love it even more now."

Among the Balzers' recent projects is a custom-built, 700-pound clock for the University of Arkansas in Fayetteville. The timepiece was created for the 1875 Old Main building, a Victorian gem that's the heart of the campus, and will be installed this spring, filling the clock tower's once-blank circles with cast bronze dials.

"It's an instant landmark," Rick says. "Is anybody making historic landmarks anymore? If you can do it, shouldn't you?" ☆

Virginia Wright is a writer in Cumberland, Maine.

Visit www.balzer-clockworks.com or call (207) 865-3887.

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Page 10 • American Profile

"Coffee Can Heal WHAT?"

(By Frank K. Wood)

If you want to save your memory, lose weight, or ease the pain of arthritis, you need *Nature's Prescriptions*.

Nature's prescriptions can work better than dangerous drugs and risky surgery! See what powerful natural remedies you can find right in your own kitchen. Find out which foods can help lower your cholesterol, ease your arthritis, protect your eyesight, avoid cancer, even prevent strokes.

► Need to shed fat? No sweat — drink this all-natural, nutrient-loaded beverage from your supermarket 3 times a day! From a study by this Yale University researcher.

► This delicious fruit contains an amazing substance that washes artery-clogging LDL cholesterol right out of your body!

► Memory loss isn't always due to "old age." You may have an under-active thyroid. Take these vitamins to keep your thyroid healthy and your mind sharp.

► A simple seasoning that can lower your blood pressure, cholesterol, and help prevent blood clots!

► This amazing fruit can help you lower your cholesterol, lose weight, and even avoid cancer.

► Oranges, apples, popcorn, and potatoes: These are just a few of the foods that satisfy your hunger and help you lose weight.

► Ease joint pain the natural way — without pain-relievers!

► Losing your memory? Scared it's senility? It could be just a shortage of this single nutrient!

► The elderly fear no condition like stroke, and rightly so. Now they may greatly reduce that risk — and the fear that accompanies it — with a vitamin.

► Overactive appetite? Try these two natural appetite suppressors.

► Lower your cholesterol levels with tomatoes!

► Drinking this vitamin-packed juice not only lowers your blood pressure, it tastes great too!

► Add garlic to your meals to clean out plaque buildup in your blood vessels.

► Arthritis pain? Vitamin C comfortably cushions creaky joints. Other pain-fighting antioxidants.

► "Balance" your body — this little root will help regulate blood sugar and increase strength and stamina.

► Type 2 diabetes? This super food improved insulin levels and reduced cholesterol.

► How drinking orange juice before meals will help you lose weight! The research says it works.

► Garlic, ginkgo, and ginger ... all good for your heart.

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DFC&A 2005

"Foods that 'EXPLODE' in Your Bowel!"

Plain Answers about IBS, Constipation, Diarrhea, Heartburn, Ulcers, and More!

(By Frank K. Wood)

If you suffer from bloating, cramping, chronic constipation/diarrhea, or other symptoms of Irritable Bowel Syndrome (IBS), you need *Complete Guide to Digestive Health*. Learn about important new research that identifies which foods are your allies and which foods are your enemies, and find out which tasty beverage you should sip to soothe an irritable bowel, PLUS:

► These exercises strengthen your bladder in addition to giving you peace of mind.

► Belching, bloating, and gas — they could be warning signs of up to 6 hidden health problems.

► Constipation: A natural cure that's better than fiber.

► The 2¢ colon cleanser! It helps prevent cancer!

► Lower blood pressure ... fewer ulcers ... less colitis ... just some of the benefits of letting yourself do this.

► What produce can protect you from colon cancer?

► 12 ways to ease stress and calm digestion.

► Put a stop to constipation with as little as one tablespoon a day of this mystery food.

► Does your digestive system benefit more from savory breads and cereals or from scrumptious fruits and vegetables? The answer may surprise you!

► Vitamins and minerals may keep you from getting colon cancer, even if this awful killer runs in your family.

► Irritable bowel syndrome? Check here for another common disorder that could be your real problem.

► Like red meat? You can still lower cancer risks by adding this to your plate.

► Heal your body, improve digestion, moisturize skin, help control weight, ... and it's free.

► Chew this at every meal for a happy, healthy colon.

► Soothe an irritable bowel just by sipping this beverage.

TO ORDER A COPY
Complete Guide to Digestive Health for \$9.99. See coupon.

DFC&A 2005

"The Hidden Power of Blueberries!"

(By Frank K. Wood)

If you'd like to prevent — even help defeat — many common ailments including heart disease, type 2 diabetes, and arthritis with delicious foods you already love, you need *Eat and Heal*.

Discover which foods are loaded with nutrients that scientists say prevent aging and disease — strawberries help prevent cancer, green tea strengthens bones ... honey even alleviates allergies. Get this book and start eating your way to better health today!

► Tired and sluggish? Find out what kind of foods will give you more energy.

► This one substance fights type 2 diabetes, heart disease, stroke, impotence, and cancer. Get the details.

► Sprinkle a few of these berries on your cereal in the morning, and you could help lower your blood sugar and sharpen your memory.

► Lose weight without even trying! That's what these men did — even while consuming the same total calories — when they ate this 50¢ meal each day. And they lowered their cholesterol, too!

► Fight Father Time with this humble dried fruit. Research shows it could help stave off the diseases of aging, including Alzheimer's and Parkinson's disease.

► Say "No!" to macular degeneration. Want eagle-eye vision for years to come? Munch this garden-fresh delight and cut your risk of age-related macular degeneration by 43 percent!

► A glassful of this with your meals can fight heart-damaging free radicals.

► Joint pain? Foods rich in this vitamin may slow the damage of osteoarthritis, and even repair damaged cartilage! Get the facts.

► Eat away arthritis! Ease your pain with this scarlet fruit.

► Nutrient Super-Hero! This one sweet little

fruit acts like a multivitamin — providing beta carotene, iron, vitamins C, B vitamins, lycopene, magnesium, and copper!

► Seniors, look at this!!! According to the American Academy of Ophthalmology, almost everyone over age 75 has cataracts. To prevent this sneaky condition from stealing your eyesight in your golden years, read this to find out how to protect your vision with vegetables and other delicious foods.

► Wow! This inexpensive, ultra low-calorie vegetable has ultra high cancer-fighting nutrients. Researchers say it prevents cancer of the colon, brain, breast, stomach, bladder and lung!

► Add plenty of potassium-rich fruits and vegetables to your arsenal in the war against heart disease and watch your blood pressure fall!

► Delicious nutty side dish is a nice change from potatoes — and cuts your risk of stroke, cancer, type 2 diabetes and heart disease.

► Just two servings of this each week will bolster your body against heart attack, stroke, type 2 diabetes, depression, and cancer!

► Easy-to-read chart tells you how much of each vitamin you need, what it does, and how to get it in your diet. Valuable reference!!

► What's good for your heart is also good for your head. Scientists say a heart-healthy diet may also protect against Alzheimer's. Turn here for more information.

► You may not have to worry about being overweight again! The "Nothing Forbidden" diet plan anybody can follow!

► Painful joints? You may find real pain relief naturally just by balancing these two nutrients found in eggs, meat, milk and fish.

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DFC&A 2005

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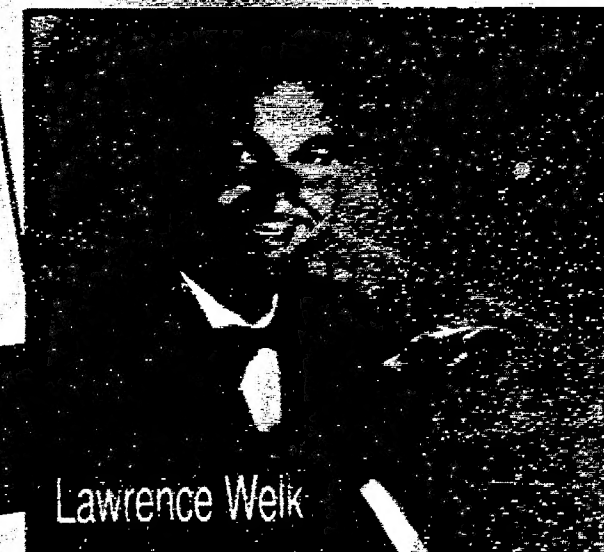
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Good Luck Peas

"This dish is good any time of the year, not just at New Year's celebrations." ☆

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RECIPE: Good Luck Peas



Photo: Adam Barnes
Styling: Cheryl Barnes

Good Luck Peas

1 16-ounce package dried black-eyed peas
3 cups water
1 14-ounce can chicken broth
1 package dry Italian salad dressing mix
2 tablespoons ground red pepper
3 to 4 tablespoons canola or olive oil

Soak peas in 6 to 8 cups of water for 1 to 2 hours. Drain, rinse and sort them. Place peas in a large saucepan with the 3 cups water, broth, dressing mix, red pepper and oil. Bring to a boil and reduce heat. Simmer covered with lid tilted for 1 to 2 hours, or until peas are tender. If needed, add more water or broth. Serve over rice. Serves 12.

Tips From Our Test Kitchen:
This delicious, high-fiber recipe is a healthful alternative to traditional high-fat and high-salt versions of this dish. It's great with chow chow or pickled sweet peppers.

Happenings

CONNECTICUT

A Moon for the Misbegotten—Hartford, Jan. 5-Feb. 5. Discover how Josie Hogan, who lives on a pig farm in Connecticut, finds love despite her rough appearance and salty tongue in this Eugene O'Neill play at the Hartford Stage. (860) 527-5151.

DELAWARE

Paths to Impressionism—Winterthur, through Jan. 15. View French and American landscape paintings that trace the changing traditions of the Barbizon and Impressionist movements by art luminaries such as Claude Monet and John Singer Sargent. Winterthur Museum. (800) 448-3883.

Football—Wilmington, through Jan. 8. Delve into the science behind a football game and test your theories with hands-on activities during this exhibit of the sport at the Delaware Museum of Natural History. (302) 658-9111.

MAINE

St. Joan—Portland, Jan. 13-15, 20-22 and 27-29. See Joan of Arc as a brave, stubborn young woman who challenged the conventions of 15th-century France during this Children's Theatre of Maine production. (207) 878-2774.

MARYLAND

Holiday Model Train Exhibit—Ellicott City, Jan. 6-8, 13-15 and 20-22. View a display of trains with animated features, including a Thomas the Tank engine, and the Dizzy Train layout at the B&O Railroad Station Museum. (410) 461-1944.

MASSACHUSETTS

Air Lines—Salem, through April 23. View Alex MacLean's photographs of landscapes taken from his Cessna 182 airplane during his travels across the United States and Europe. Peabody Essex Museum. (866) 745-1876.

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NEW HAMPSHIRE

Whole Grain Workshop—Tamworth, Jan. 14. Discover how to grind flour from whole grains such as corn, oats and wheat, and witness a baking demonstration using newly ground flour at the Rernick Country Doctor Museum & Farm. (800) 686-6117.

NEW JERSEY

Trading Music: New Jersey's Instrument Makers—Madison, through Jan. 12, 26. Learn about musical instrument making in this exhibit featuring vintage and contemporary banjos, dulcimers, clarinets and violins. Museum of Early Trades & Crafts. (973) 377-2982.

NEW YORK

Narrowsburg EagleFest—Tusten, Jan. 14. Features live bird demonstrations, eagle viewing along the Delaware River, an eagle art poster auction and eagle art throughout the town. (888) 252-7234.

PENNSYLVANIA

The Winter Flower Show—Pittsburgh, through Jan. 8. Enjoy poinsettias, choirs, twinkling lights and evergreen trees during this family-friendly event at Phipps Conservatory and Botanical Gardens. (412) 622-6914.

RHODE ISLAND

Conservation Lecture Series—Providence, Jan. 15, 29, Feb. 12, 26, and March 12, 26. Learn about the inner workings of the Rogers Williams Park Zoo and efforts to preserve the natural world at the zoo. (401) 785-3510.

VERMONT

Sleigh Ride Weekend—Woodstock, Jan. 14-16. Slide over snow-covered farm fields in a horse-drawn sleigh or on a sled at Billings Farm & Museum. The event includes a visit to the restored farmhouse and children's activities. (802) 457-2355.

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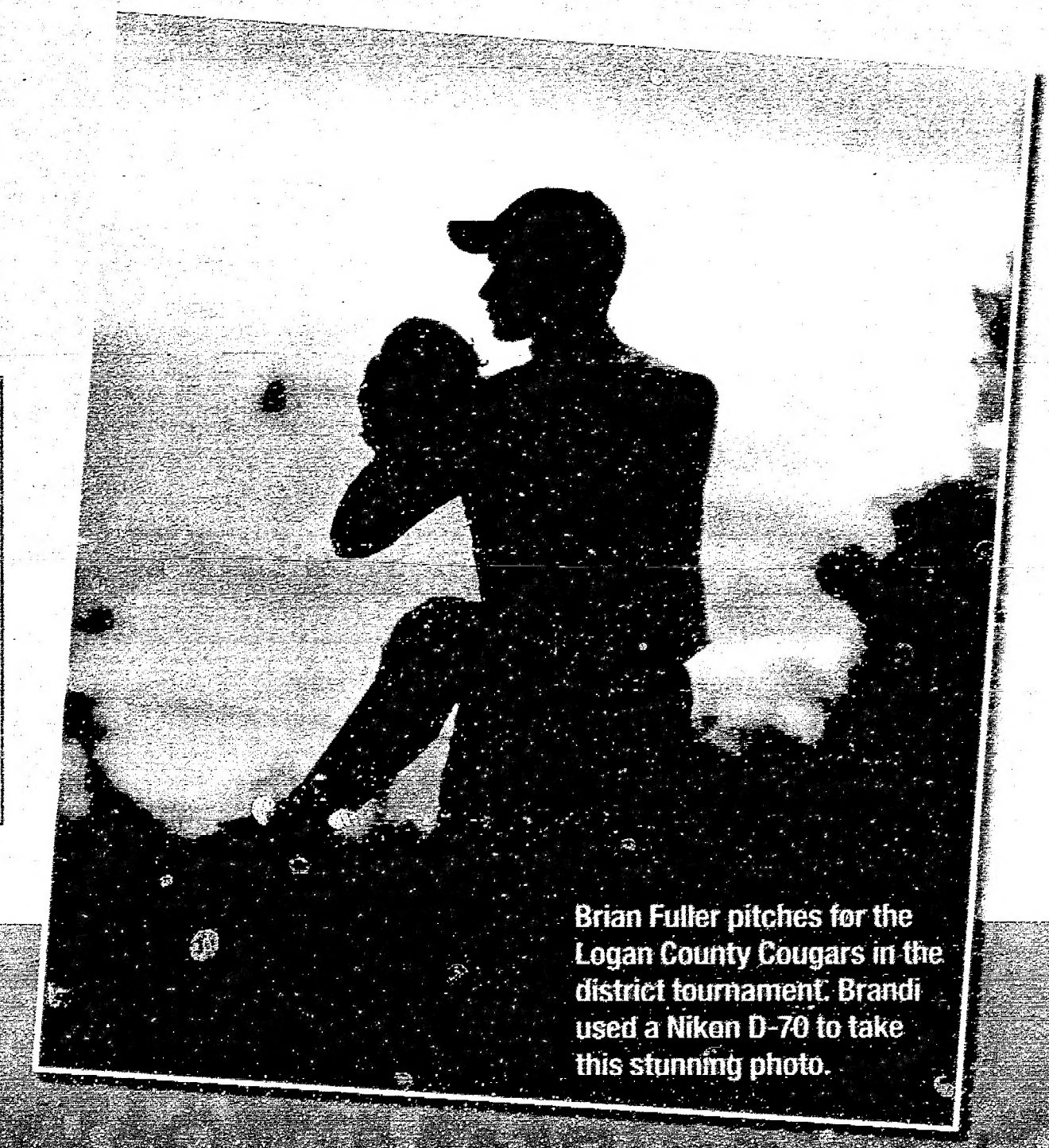
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Brian Fuller pitches for the Logan County Cougars in the district tournament. Brandi used a Nikon D-70 to take this stunning photo.

Health

Creating a First Aid Kit

by AMY HOULTS

Emergency preparedness begins

at home, and one of the first lines of defense is having a first aid kit. Each family should have at least one and parents can involve children in gathering supplies that might be needed in the event of a natural disaster or scraped knee.

Most of the time, a first aid kit is used for minor injuries, but it also can be the first step in medical care before a trip to the emergency room. According to the National Center for Health Statistics, of the 113.9 million visits to hospital emergency rooms in 2003, 40.2 million were injury related. You can be prepared by creating your own first aid kit using a cardboard box, lunch box or plastic bag.

"It's good to custom-make your own first aid kit," says Kary Weybrew, a registered nurse at St. Francis Hospital in Maryville, Mo. (pop. 10,581), explaining that your kit should include medication if you or a family member is allergic to insect bites or specific foods, or has diabetes or seizures.

Weybrew created her first aid kit when her daughter was born. Today, her family—husband Syd, daughter Ashley, 12 and son, Brendan, 9—maintains three first aid kits in different locations. A small cardboard box is stored in a drawer in their upstairs bathroom, a mid-size box travels with them in the car, and for football games or practices, a large plastic tackle box contains all the essentials.

Important items for a household first aid kit include: latex gloves, alcohol pads, Band-Aids, sterile gauze pads, roller gauze, adhesive tape, scissors, tweezers, sterilized needles, burn gel and a flashlight.

"These things don't always happen during the day-time," Weybrew says, adding that a home first aid kit should be stored in a convenient place, but out of the reach of small children.

Many times an injury occurs away from home, at the playground or a family picnic. Make your first aid kit for

the car more extensive than a kit at home, where running water and other items are readily available.

For your car, include everything in the home kit, plus: antiseptic wash to clean cuts and scrapes; a gallon-size plastic bag should someone get motion sick; a blanket or towel for warmth as well as to control excessive bleeding; and a cold pack to reduce swelling of sprains, fractures and injured muscles.

"Buy a cold pack that does not need refrigeration—one you break—if you need to use it," Weybrew says. "This type lasts 10 to 15 minutes."

If you know how to administer cardiopulmonary resuscitation (CPR), a breathing barrier is a sensible device to have in your first aid kit. A CPR breathing barrier—available at most pharmacies—is a plastic mouthpiece that protects you and the cardiac or respiratory arrest victim from transmitting germs during the potentially life-saving procedure.

Actually, you should know how to use each item in your first aid kit. It's also a good idea to periodically restock the contents of your kit and review basic first aid procedures. "A first aid kit is one component of a total disaster-preparedness kit," says Dr. Margaret A. Dolan of Richmond, Va. "It's not enough to have a first aid kit, you have to know how to use it."

First aid and CPR training workshops often are available through your local hospital. You also can increase your emergency medical knowledge and treatment skills through an American Red Cross training course or with the organization's publication *First Aid Fast*, which is available for \$5. For more information, visit www.redcross.org.

Weybrew recalls one day when her traveling first aid kit was invaluable. "It was Fourth of July at a campground," she recalls. "My family and I were with friends who had lit some hand-held fireworks. One of our friends received



The American Red Cross suggests a basic household first aid kit should include:

- (20) Adhesive bandages, various sizes
- (1) 5-inch-by-9-inch sterile dressing
- (1) Roller gauze bandage
- (2) Triangular bandages
- (2) 3-inch-by-3-inch sterile gauze pads
- (2) 4-inch-by-4-inch sterile gauze pads
- (1) Roll 3-inch cohesive bandage
- (2) Germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) Antiseptic wipes
- (2) Pair large medical grade non-latex gloves
- Adhesive tape, 2-inch width
- Antibacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier

a burn from a short fuse. We were fortunate that a bathroom was close by, so we first applied cold water to the wound, then I applied Solarcaine with aloe vera throughout the evening."

Without the burn gel, the injury would have not only caused severe pain, but might have ruined the evening.

Each family should have a first aid kit, primarily for the physical aspect of medical care, but also for psychological reasons.

"Sometimes a first aid kit is a little TLC, a little reassurance," Weybrew says. "What's happening is traumatic for little kids. Using a first aid kit is something to calm them down."

Amy Houts is a freelance writer from Maryville, Mo.

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